

Inside This Issue

News & Features

Guidance Counselors at ORHS
-page 2

AIDS in the Seacoast -page 4

One Nation Under Flab
-page 8

Op-Ed

Student Apathy - page 13

Sega Genesis - page 19

Bad Fans - page 21

Sports

Comeback Kid -page 25

Where is the Love? Spirit at OR
-page 26

March Madness -page 30

Oyster River High School
55 Coe Drive
Durham, NH 03824

MOUTH of the RIVER

March 13, 2007

WAITING FOR SPRING





Caitlin Byrne

The College Process and Guidance Counselors at ORHS

In early October, most of the ORHS seniors could be found looking on college websites and browsing through catalogues trying to find the school of their dreams. As the months go on and deadlines start to appear, some students at ORHS say

they are experiencing frustrations with the guidance department.

But what is causing the senior students at ORHS to have these frustrations? Is it because the students are disorganized? Are they due to miscommunication about deadlines? Or are they simply mistakes that guidance has made? How effective are guidance counselors with the college application process?

ORHS guidance counselor Laura Rainone had a lot to say about the college application process. Her main goal in this process is to help the students find out what they wish to do after their high school education is completed.

"In September and October, when students are thinking about the college process, the guidance department sets up meetings with the students so we are able to get a feel on what the students are thinking. Sometimes students aren't ready at this time, so we recommend more meetings. These help us get a feel for where they are at that time."

Rainone recommended that students give the guidance department a turnaround time of 15 school days with regards to the recommendation letters. "Fifteen days allows us to write the best possible letter of recommendation that we can. We like to talk to the teachers and get their opinions so that each student's letter of recommendation is the best it can be."

However, several students at ORHS feel that the guidance department is not doing its job properly. They're upset because guidance has lost some of their materials.

"I handed in my materials on January 3rd and they were sent out February 1st. Why so late? I understand the amount of students that they have to deal with but a month later? It just seems unprofessional," said a senior girl.

Phyllis MacKay, the guidance department head at ORHS, was unable to respond in detail about the department but she did give some positive insight.

"Meeting with the seniors individually throughout the college application process is very important so that we all understand responsibilities, schedules, and plans. I know that we all try to make that happen."

50 seniors summarized their feelings in a 4 question survey about the guidance department. The majority felt that their guidance counselor helped them in some ways but others said their guidance counselor hurt their college process. Eight seniors said that the guidance department had sent their information to colleges

Local High School	Number of Counselors	Student body size	Assigned College Counselor?
Portsmouth High School	4	1089	Yes
St. Thomas Aquinas High School	6	700	No
Dover High School	6	1695	No
Coe Brown High School	4	686	No
Spaulding High School	6	1700	No
Winnacunnet High School	6	1327	Yes
Oyster River High School	3	Approx. 700	No

Number of guidance counselors at surrounding high schools...

	Yes, very much.	Yes	In some ways.	No	No not at all.
My college process has been improved by my guidance counselor.	6	12	22	4	6
	They were great and got everything in before it was needed.	They did a good job.	They got everything in on time	Some of my materials were late.	All of my materials were late.
When my guidance counselor sent out my information and transcripts...	12	10	20	7	1

Guidance Survey Results

out late.

"If I had my chance to do it over again I would tell the counselors to make sure they get everything in on time because they have really missed some deadlines for seniors which isn't good at all," said one senior in the survey.

Several students had quite a lot to say about what counselors could do to be more beneficial to the individual student:

"They should try and contact students themselves more."

"They could definitely pay more attention to individual students. They give off an impression that once your information is sent out they don't really have any interest in seeing what happens to you."

Lack of individual attention from guidance was an issue brought up a number of times by students. One of the issues may be the workload that Oyster River guidance counselors have. The three guidance counselors at Oyster River High School have a greater workload than guidance counselors at some other local high schools. Portsmouth and Winnacunnet have a guidance counselor specifically for seniors.

So are students at ORHS disorganized and sometimes late with giving their counselors materials? Yes. But do guidance counselors send out materials late and are sometimes busy with more than one student? Yes. So, what is the solution to this problem? What is the middle ground for the students and guidance counselors? Right now there doesn't seem to be one answer. But ORHS students seem to agree that guidance should make some kind of change.

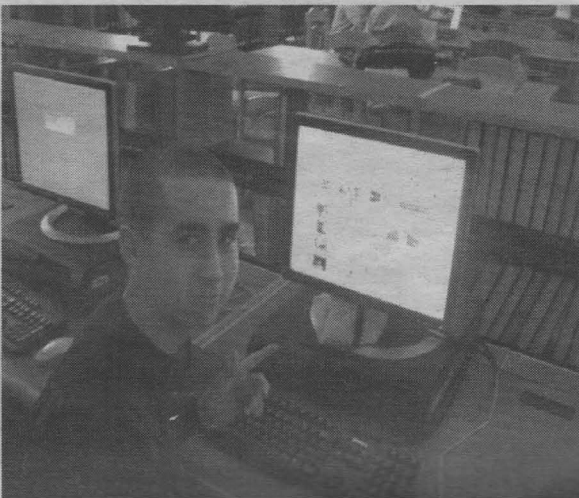


Greyson Ersick News/

I Tube? Who Tube? Youtube!!: The Social Impact of Youtube

To many it came as a surprise when news programs everywhere, across all stations on television, broke into a special report on the night of December 30, 2006 and said that Saddam Hussein had been hung. Reports were that there was no available footage of the death of Hussein and even if there was they were not going to release it to the public. However, within only a few days the alleged "non-existent" footage of his death was put up on to the video file sharing website Youtube. "It's just awesome," says Corey Lewis. Youtube has become an internet phenomenon and has also become one of the fastest growing and most popular websites across the globe. In late 2006 it was cited as the 5th most visited website of the year on the Internet, surpassing even the super social networking site Myspace. Time magazine called it the "Best Invention of 2006". Surprisingly enough Youtube has only been around for just under two years.

The idea for Youtube was created and founded in February of 2005 and the website was officially launched in May of 2005. The Youtube Company was



Thayer Harris admires Youtube's greatness.

founded by three former employees of Paypal, an online credit card service. The original motivation for Youtube was to make video sharing an easier thing to do. Right now the Youtube offices are based out of San Bruno, California, and Youtube currently has only 67 employees working for them. The recent popularity of Youtube can be seen throughout Oyster River. Every day students can be seen watching videos in the library on Youtube. Youtube lover Owen Henn states that, "People are always talking about movies they've seen on Youtube. Even kids that I know are putting movies on there. That's just crazy to think about." Youtube allows anyone to put up anything onto the site. This leaves a lot of things open for the public to use and this makes it a very powerful and popular tool because of its versatility and easy to use setup.

Sarah Butterfield, a senior and Youtube video contributor, believes that "the reason it is so popular is because it's free, easy to use, and because it puts the power to the people. I think the idea that anyone around the world can post anything and have it be open to anyone to watch is a very powerful thing. Also, it is not a controlled thing at all. It is truly the viewers who decide what is watched and what is not. I think that it is so exciting that anyone with a digital camera has just as an equal chance of being heard as any other grossly-funded sitcom or reality show." In an interview with ABC News, Jeff Jarvis of Buzz Machine.com, who is also an associate professor of Journalism at City University in New York City, said that "When [people] take on these tools of TV, they can do amazing things, they're telling their stories. That's incredibly powerful." In many ways Youtube has given a voice to those who may not be able to express their voice and express themselves to a bigger audience. This is extremely

apparent with recent Youtube "Celebrities." For example, Geriatric1927 is an elderly person who just talks about his life and about the things he's experienced. But perhaps the most famous is LonelyGirl15, who was originally thought to be a normal teenage girl who just talked about her life and her experiences; but it was later exposed that she was an actor and that all her episodes were scripted.

But Youtube has had many negative things about it come up recently, including copyright feuds with record labels, movie production studios and television companies. Also, there have been many claims of Youtube promoting violence because of the amount of violent content that's available on the website. Senior Nathan Santos believes that Youtube is a great thing, but "it also gives a voice to people I think shouldn't." The fact that Youtube gives an outlet for everyone to express an opinion has caused problems in Iran, whose government in 2006 banned and blocked the website because of what they considered to be false information about the country on it. Youtube has also been used as a very effective political tool. Republican Virginia Senator George Allen made a racist statement while at a political rally which was caught on tape and posted. Also, Massachusetts Senator and former Presidential candidate John Kerry was caught on tape during a speech where he said that only the "uneducated wound up in Iraq." Youtube has changed the way the world and media works and its popularity is increasing everyday. With each new video uploaded a new voice is heard. Butterfield is included in those Youtube lovers. "I like Youtube because a lot of the stuff is very funny and it's real. And who doesn't like to laugh?"

The Top Three Most Viewed Videos of All Time

1. Evolution of Dance <http://www.youtube.com/watch?v=dMH0bHeiRNq>
2. Pokemon Theme Music Video <http://www.youtube.com/watch?v=0XxI-hvPRRA>
3. Quick Change Artists on America's Got Talent <http://www.youtube.com/watch?v=RB-wUgnyGv0>

New York's St. Patrick's Day parade is the longest running civilian parade in the world



Cassie de Alba



Allison Krzanowski

AIDS in the Seacoast

What do think of when I say AIDS?

Some of the responses from students at Oyster River include Africa, "Uhhh", RENT, gay, blood, and skinny people. AIDS Response-Seacoast is trying to change these stereotypes.

AIDS Response-Seacoast (ARS) is a non-profit organization that provides education, direct

assistance and advocacy for those affected by HIV/AIDS. They provide direct services to those living with HIV/AIDS in all of Rockingham and Strafford

counties, as well as Eliot and Kittery, Maine. They also provide educational programs all over New England.

ARS recently had four programs for eighth graders at Rochester Middle School that lasted over two days and reached 80 kids per program. They are working on getting programs set up in high schools.

Mike Amichetti, the director of education and prevention at ARS, pointed out that though AIDS is not the death sentence it used to be, it is still not easy to treat. He said that he thinks people are becoming more careless about prevention because they assume AIDS can be easily treated with medication. However, the medication has many side effects and can cause life threatening conditions to the liver and kidneys. It is almost as common for people to die from side effects as from the disease itself.

"It's a really smart virus," said James Murphy, ARS educator. "It's found a way around just about everything we've thrown at it." He also said if someone were to not take the medication exactly as prescribed, the virus becomes drug resistant. Then, if they were to infect someone else, their virus would be drug resistant as well. In fact, 30% of people with HIV cannot use medication because of either cost, side effects, or drug resistant virus.

Another point that Amichetti made was that 25% of people with HIV don't know they have it. Some people can live with HIV for years before they look or feel sick. There are also a number of people who get tested, but do not get the results and with anonymous testing, people cannot be tracked down. Amichetti said that no matter what someone says about HIV status, you should still be careful. "You still need to go with your gut feeling and do what you need to protect yourself," he said.

One of the most interesting responses to "What do you think of when I say AIDS", was "I don't really think about AIDS." As Amichetti pointed out, teenagers should definitely be thinking about it because nationally, 50% of new infections every year are 15-24 year olds. In NH, the rate of infection in this age group is lower, however, ARS survey results show that there are a lot of risky behaviors happening in NH youth. "Where there are risky behaviors, it's only a matter of time before HIV gets into this population, and when it does, it will most likely spread quickly," said Amichetti. "Increasingly, it is becoming more and more true that there isn't a typical AIDS patient."

While ARS encourages anyone who thinks they may be at any risk to get tested, unfortunately, with all the budget cuts, ARS can only provide free testing to those who fall into the high risk category. High risk includes intravenous drug users, men who are sexually active with other men, partners of people with HIV, and incarcerated individuals (including those in post-release). This year, NH lost almost a million dollars allocated to HIV/AIDS treatment. As a result, patients could be put on a waiting list to receive drugs to keep them alive.

Senator Martha Fuller Clark proposed a million dollar appropriation bill which would fund the deficit. However, if this does not go through, some ARS services such as transportation, mental health counseling, food, nutrition counseling, and housing assistance, could be completely eliminated, according to wirenh.com.

HIV/AIDS testing can also be done at The Feminist Health Center of Portsmouth in Greenland. However, testing here costs \$36. At Planned Parenthood in Portsmouth, it is \$18.

Whether or not you need to get tested, there are many things you can do to help the fight against AIDS. Most importantly, protect yourself and inform others. As Mike Amichetti said, "It would certainly make our job easier if people would share the information they get."

What you can do to help

AIDS Response-Seacoast walk

WHEN: Sunday, May 6th, 2pm

WHERE: Starts at ARS building and goes around downtown Portsmouth

For more information on the fundraiser, other ways to help with AIDS, or information on the disease – go to their web site: www.aidsresponse.org
There are always other volunteer opportunities at ARS, such as helping out with phone calls, handing out AIDS prevention kits on the beach, or being an outreach volunteer. Contact ARS for more information on what you can do to help.



James Murphy, Mike Amichetti, and Lars Arneson, AIDS Response Seacoast staff members.



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STATISTICS

25% of HIV positive people don't know they have the virus
People between 15 and 24 account for 20,000 new infections in the US every year

The World Health Organization estimates that there are currently 39.5 million people in the world infected with HIV

WHAT TO EXPECT WHEN YOU GET TESTED

Unless you're being tested for other STDs as well, an HIV test is typically an oral swab rather than a blood test. To prepare, don't eat or drink anything in the hour before you get tested. You'll spend about three minutes with the swab between your cheek and gum, then 1-2 weeks waiting for the results. You can't get the results over the phone; you'll have to go back to the clinic where you had the test. If you're HIV negative, this process will take only a few minutes. If you test positive for the virus, most clinics have counselors on hand for emotional support.

It's important to remember that the HIV test is actually a test for antibodies to the virus. Because the antibodies take time to build up after you're infected, it's possible to get a false negative for the first three months after you contract HIV.

BEHAVIORS THAT PUT YOU AT RISK FOR AIDS

Unprotected sexual activity
Sharing paraphernalia for snorting or injecting drugs
Sharing any type of needles, including for piercings, tattoos, and steroid injections

MYTHS ABOUT AIDS

"Only gay people have HIV/AIDS."

Although the alleged "Patient Zero," Gaetan Dugas, was a gay man, today there is no typical AIDS patient; the disease can affect anyone. According to AIDS Response Seacoast, the fastest-growing risk group today is heterosexual women.

"You can get HIV just from touching someone with it."

HIV can only be transmitted through four bodily fluids (blood, semen, breast milk, and vaginal fluid), and the virus dies soon after contact with the air. This means that there is virtually no way to get the virus without an actual exchange of bodily fluids.

"There's a cure for AIDS."

Although new drugs can significantly prolong the life of an AIDS patient, there is no actual cure for the disease. In addition to this, the cost of available medicine is prohibitive; the drugs alone can cost up to \$2000 a month, and side effects take a toll on patients' daily lives.

THE FIRST 10 YEARS OF THE AIDS EPIDEMIC

1981: The Center for Disease Control reports on what they call "Gay-Related Immune Disorder," or GRID. They declare it an epidemic; however, those outside the gay community believe they cannot get it and are not concerned.

1982: The CDC changes the name of new disease to AIDS, or Acquired Immune Deficiency Syndrome, as it becomes clear that infections are not limited to gay men.

1984: Scientists isolate the virus that causes AIDS: Human Immunodeficiency Virus, or HIV. There is still no test; at this point, almost 6,000 people in the US have died.

1985: Blood banks begin testing donated blood for the virus. Ronald Reagan mentions the disease in public for the first time.

1987: The first drug for HIV, AZT, goes on the market. It costs \$10,000 a year, meaning that many people cannot afford the treatment.

1991: It's estimated that 1 million people in the US, and 10 million worldwide, are HIV positive.

CONTACT INFORMATION

New Hampshire AIDS Hotline: 1-800-752-2437
AIDS Response Seacoast: 1-603-433-5377 or
info@aidsresponse.org



Emily Sievert

You can watch cheese at home!

According to davesdaily.com, an English cheese making business (West Country Farmhouse Cheesemakers) have set up a web-cam on their "molding racks" for people who are fascinated by the slow process of mold growth. People can watch the cheese from their computer for an entire year. The spokesperson for this company made this sound a little more intriguing: "If they tune in at the right time, they might be able to catch the cheese being rotated." 49,000 viewers have already watched this at cheddarvision.tv.

Weird News Stories

All articles provided by davesdaily.com

Man harasses shoppers with sword

Recently, a man in a Halifax shopping center broke the glass of a kiosk in the mall and stole a sword. He then proceeded to swing the sword in a crazy, threatening manner at customers walking by. The man was arrested and charged with ten things, including assaulting a police officer with a sword, assaulting another man with the sword, possession of a sword dangerous to the public, and many more.

Man steals police car

Recently, in Gunma, Japan, a Japanese citizen stole a police car because he was "too tired to walk home." The man had taken the train in from a rural city to go shopping but then didn't have enough money to make the return trip. Instead of walking home, the man stole a police car that had been left running outside of a nearby post office. Police caught the man when he pulled into his driveway and immediately arrested him.

Mothers aggravated by Bulgarian bus stations

In Sofia, Bulgaria, a popular bus station has begun broadcasting soft porn on its televisions at night. During the day, the station shows the bus schedules but has recently switched their nightly showing. "It helps take their minds off the cold and keeps them awake," stated a bus driver through the company. Mothers are complaining about how this looks to children because the movies are "a disgrace." Another common complaint is that security guards who are supposed to be controlling the station are just watching the TV screens instead.

Wife puts pot in meatballs

In New York on February 3rd, a woman made a nice spaghetti dinner for her detective husband. The man went to the office the next day and got a random drug test required by his company, but failed it. In the meatballs, his wife had substituted marijuana for the oregano that the recipe called for. Supposedly she had wanted to keep her husband safe, hoping that this would cause an early retirement.



Emily Sievert

Can You Believe This?!

In December 2006, someone came into our school who didn't belong here. According to Assistant Principal Dave Evans, the student was a co-worker of an Oyster River student and supposedly had been picked up by that OR student that day for work. While the OR student attended his classes, the "intruder" was supposed to go downtown and wait for his co-worker to get out of school. Yet, he didn't do that. When the Dover vocational bus dropped off OR students, the intruder followed the crowd into the school as if he was just another one of us. Obviously, with a student body of about 700, it's hard to pick out an intruder on the spot. The kid was in the school for about an hour and a half before Evans found him in the sophomore hallway going through lockers.

"I knew he didn't belong here right when I saw him. I don't know every single student's name, but I know every face and he wasn't one of them," Evans stated. Evans asked the kid if he was new and he responded with a yes. Evans then told him he would take him to guidance for his course schedule, since he wasn't in a class, but the intruder confessed to not being an Oyster River student. Supposedly the kid had only taken a few magnets out of lockers and had not gotten to money or valuables, but he did have a pocket knife on his person and was arrested when brought to the school police's office.

"I don't think he meant any harm, but I have no tolerance for people who come into this school that aren't supposed to be here," Evans finished. No such events have occurred since.

Early in the morning on Monday, February 26, 2007, an innocent freshman suffered an injury. According to an e-mail sent to Judy Kucera, Mike Farkas had been trying to pull the mobile lab to his classroom when it caught his heel and cut his Achilles tendon. Farkas was immediately taken to the hospital and is expected to undergo surgery sometime in the near future. It is not yet certain when Farkas will make a full recovery, but one thing is for certain; he won't be pulling mobile labs around any more.



Freshman Mike Farkas with his traumatic injury.
And the lab that attacked him!

A Day in the Life of an Elementary Schooler



Allison Krzanowski

It is recess at Mast Way School. A kindergarten class politely walks outside and the kids dump their backpacks on the side of the building. I automatically feel the way that I did when I was at recess at that age; I didn't know who to play with. I see that there are two girls, about the height of my waist, walking to the playground holding hands. I run up to them and begin to ask them questions about their social lives as elementary schoolers. Soon enough, a group of about five more

girls crowd around while I kneel on the pavement to be at eye level with them. I realize that I am now in a different position in the "finding someone to play with" dilemma. I am now a "cool older kid" and have no trouble getting people to talk to me.

Sara* and Elizabeth and the two holding hands. To the right of them is Samantha, a talkative girl wearing a fluffy scarf, and lots of lipstick and sparkly makeup. She quickly chimes in with a story. "Yesterday, [Elizabeth and I] didn't get along," she explains. "So I didn't let her play with me."

"I felt pretty sad," said Elizabeth.

"She got pretty sad and her eyes got a little red. I thought Sara was going to tell, so I said sorry," Samantha said. "No one should tell; people should just let kids work fights out themselves."

The kindergarteners at first only admitted to not letting others play "if they were mean to us."

Sara explained though, that there was another circumstance where others weren't allowed to play: because "people that didn't make stuff out of snow can't touch it."

They were not the only ones who had trouble admitting that they were doing any of the excluding. Everyone had a story about being excluded, but most kids tried to say that they were never the one excluding others.

Jessica, 8, a third grader at Newfields Elementary School explained, "I was the one that people wouldn't let play. It was only a five person game." She said that she has never been the one to exclude anyone.

However, her 12 year old brother soon chimed in with "Yeah right, Jessica." She was quick to explain. "All three of us were playing, but the reason we didn't let Rebecca play was because we didn't invite her and she just showed up at [our friend's] house."

While talking to a few students at other elementary schools, I talked to Emily, a second grader at Village Elementary School in York, Maine. Emily is a special needs student. It turns out that even though she has ADHD and has an aide with her for the school day, she goes through the same things as every other elementary schooler.

She, too, had been excluded by her friends. "They were being mean to me," she said. "They wanted to play alone with some of their friends and they promised me they would play, but they didn't. They broke their promise." She explained that in her situation, she told the teacher and the other kids did get in trouble.

Playing "alone" was something I remembered very clearly. My classmates always wanted to play with one or two of their best friends. . . alone. You needed to find someone to play with at recess hours in advance, or everyone would have paired off.

There were other social problems that the students told me about. Emily told me, "One of my friends said to me, 'You're a brat.'" She quickly pointed out that they're still friends though. "She said sorry. We say sorry to each other all the time."

One thing I realized after talking to so many kids is that as an elementary schooler, it is probably the hardest time in our social lives. Though we just deal with more social issues as we get older, at least we are more prepared to deal with them. Kids are so sensitive themselves, but can be so brutal to others.

Jessica had a situation with someone she thought was a friend being mean to her as well. "Once my friend talked behind my back," she said. "There's someone at my school who hates me." At this point, I interrupted her story to ask why the girl

Elementary School Social Lives - continued on page 9.

ORHS PROM FASHION SHOW PREVIEW

by Allison Krzanowski

Picture this – the beat of rock music hits your eardrums. Svelte models parade down the runway, turning and glancing disdainfully at a riveted audience. The paparazzi-gather round in a horde of cameras, craning their necks to capture a glimpse.

Rome? Paris? Milan? No. Oyster River High School.

On Friday, March 16th at 7 pm, the second annual Relay for Life prom fashion show will be held in the auditorium.

Relay for Life is an overnight cancer walk held by American Cancer Society. This year it will be June 2nd and 3rd.

Last year, the idea for a fashion show started when Mrs. Schaeffer, coordinator of the Relay for Life teams at Oyster River High School, was talking to Mr. Evans about a fun way to raise money for the cause. Mr. Evans had a very successful fashion show fundraiser at the school he used to work at. They decided to try it out here and had a great turnout.

"By attending the fashion show you are supporting the students involved in Relay for Life, the American Cancer Society, and searching for a cure to a disease that touches all of our lives," said Schaeffer.

Everyone involved in the fashion show is very excited about the event. Sam Kerrigan, a senior, is modeling for the second year in a row. "I think it's just a really fun event for a very good cause. There should be a good turn out. It's something people should want to help with," he said.

Aside from supporting the other students and the American Cancer Society, the fashion show itself should be very interesting. "The fashions are different this year. That's what's exciting to see every year, what's new in fashion," said Schaeffer.

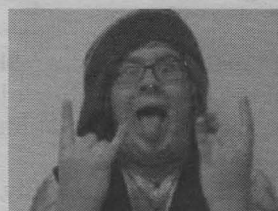
Mr. Tux and Le Club Boutique will be providing the dresses and tuxes again. Hair Excitement, Choozy Shooz, Market Square Jewelers, and Red Carpet Flower, will all be providing fashion show items again this year as well. "They were all very helpful to us last year," said Kerrigan, though he plans on beginning personal hair treatments the week before. He was evasive about what he would be wearing, saying only, "a dashing tuxedo." He admitted to having some worries about the lighting bringing out the best in his features.

There will also be a raffle featuring a pair of prom tickets, as well as jewelry and gift certificates.

Jessica Miller, a junior, is involved in the raffle and concessions committee. Their committee has been going around towns in the area such as Durham and Portsmouth and asking for donations for the raffle. "This year I really wanted to take an active role," said Miller.

Everyone is looking forward to seeing a great turnout at this exciting fundraiser. "It's for a really great cause," said Miller. "It really brings the community together."

Ireland is about 300 miles (480 kilometers) long and 200 miles (320 kilometers) wide



Greyson Ersick

One Nation Under Flab: The Obesity Epidemic in America and What Schools are Doing About It

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Height (inches)	Body Weight (pounds)																					
58	91	96	100	105	110	115	120	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
59	84	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188
60	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157	162	167	172	177	182
61	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
62	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169
63	58	63	68	73	78	83	88	93	98	103	108	113	118	123	128	133	138	143	148	153	158	163
64	52	57	62	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157
65	46	51	56	61	66	71	76	81	86	91	96	101	106	111	116	121	126	131	136	141	146	151
66	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145
67	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139
68	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108	113	118	123	128	133
69	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107	112	117	122	127
70	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106	111	116	121
71	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115
72	4	9	14	19	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109
73	-2	3	8	13	18	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103
74	-8	-3	2	7	12	17	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97
75	-14	-9	-4	1	6	11	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91
76	-20	-15	-10	-5	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85

number those who are not overweight. There is an endless stream of health complications regarding childhood obesity, including things like Hypertension and Type 2 Diabetes. Many overweight children suffer from early onset puberty, cardiovascular disease and even a risk of cancer. With these issues and complications, typically only now seen in older people, affecting young people in a big way, we may in fact have a generation of those who are overweight and nearly dead.

But what are schools doing about it all? Whose place is it to worry about these kids and take some action? Is it the parents' fault or the school's fault? Are all those hours spent in health class learning about the food pyramid really doing us any good? Senior Mark Pavlidis believes, "Obesity is definitely a hereditary problem. If your parents are overweight, you're most likely going to be overweight too." But can we really say that kids do have a choice? Oyster River Athletic Director Don Maynard agrees that "it can be hereditary, but I think it's partially the child's responsibility."

But what can schools do to try and help and prevent us from getting any bigger? What are schools doing now to combat the problem of obesity? And are they doing a good job of it? Maynard believes, "Oyster River does good job of educating kids through classes like Health and Anatomy and Physiology." The most obvious is gym class, where Maynard thinks the gym teachers "combine a great combination of fun and exercise." Oyster River has shown films like Super Size Me in classes in an effort to educate students.

Cafeterias are really changing what they serve kids and they really try to persuade kids to make right choices for food by serving only healthy foods. Obesityinamerica.com says, "In a number of local communities, consumer groups and lawmakers are working to curb the sale of snack foods and carbonated beverages on school campuses in an effort to address the behavioral component of obesity." But with all the changes being made by schools across the country, there is still a need for improvement. Maynard would like to see "a gym class every period of the day for Juniors and Seniors as an elective, but I'd really like to see it as requirement for Juniors and Seniors."

All politics aside, there's an overwhelming amount of evidence that proves that obesity is a problem in America. Schools need to do something about it, and it's clear that schools like Oyster River certainly are. There might just be light at the end of the tunnel.

Webster's dictionary defines obesity as increased body weight caused by excessive accumulation of fat. In America around 58 million people are overweight, 40 million are obese and 3 million are morbidly obese. This means that 8 out of every 10 people in America are overweight. Enough people in America are obese that we can call it an epidemic, and the clear-cut evidence that health experts have researched shows that this problem isn't going away any time soon. According to the US Center for Disease Control (taken from the website Obesityinamerica.com) about "15% percent of children and adolescents can be labeled as having childhood (pediatric) obesity in the U.S."

"So what?" you may be asking yourself. "What is so important about all this information?"

Well, in fact, our generation is one the biggest generations in history. And as the years progress, our waists are getting larger. "Over the past 20 years, the proportion of overweight children ages six through 11 has more than doubled and the rate for adolescents ages 12 through 19 has tripled," says Obesityinamerica.com. If we continue to grow at the rate we're growing right now, as our generation gets older those children who suffer from obesity now will significantly out-

Region of the U.S.	1991(%)	1998(%)	2000(%)
New England (Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)	9.9	11.4	16.95
Middle Atlantic (New Jersey, New York, Pennsylvania)	12.7	16.7	18.41
East North Central (Illinois, Indiana, Michigan, Ohio, Wisconsin)	14.1	19.1	21.0
West North Central (Iowa, Kansas, Minnesota, Missouri, North Dakota, Nebraska, South Dakota)	12.2	18.0	19.82
South Atlantic (District of Columbia, Delaware, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, West Virginia)	11.1	18.6	19.52
East South Central (Alabama, Kentucky, Mississippi, Tennessee)	13.1	20.0	23.05
West South Central (Arkansas, Louisiana, Oklahoma, Texas)	13.1	20.0	22.2
Mountain (Arizona, Colorado, Idaho, Montana, New Mexico, Utah, Wyoming)	9.6	14.1	17.1
Pacific (Alaska, California, Hawaii, Nevada, Oregon, Washington)	10.2	17.0	19.1

Source: CDC, Behavioral Risk Factor Surveillance System, 1991-2000.

DRAMA DEPARTMENT BUSIER THAN EVER!

By Meredith Freeman-Caple – Drama Teacher

This year the drama department is not only producing the spring musical, it is also performing in the New Hampshire Theater Festival's One-Act Play competition. Under the helm of new drama teacher and director, Meredith Freeman-Caple, fourteen actors will be competing against other New Hampshire High Schools for the chance to move on to the State competition. The name of the One-Act Play being presented is "CHECK, PLEASE." A short description follows: Dating can be hard. Especially when your date happens to be a raging kleptomaniac, or your grandmother's bridge partner, or a mime. "CHECK, PLEASE" follows a series of blind dinner dates that couldn't get any worse — until they do. Could there possibly be a light at the end of the tunnel?

The school is being given the privilege of a viewing of the One-Act on the 15th of March. That evening, the Drama Club is hosting a dessert and performance night so that families of the cast as well as the public can attend. The cast then goes to Merrimack High School to compete on the 17th. Break a Leg, One-Act Cast!!!

The newly formed Drama Club wants to extend a sincere invitation to ANY and ALL students to come and play. They'll be doing things such as learning how to juggle, stage combat, stage make-up, improvisation (think "Whose Line is it Anyway?") and other fun events. They generally meet Tuesdays after school on non-block weeks. See Camden Brown, Hallie Gramlitz or Mrs Caple for more information.

The musical, "Urinetown", is being performed on March 29th, 30th and 31st. Winner of three Tony Awards, three Outer Critic's Circle Awards, two Lucille Lortel Awards, and two Obie Awards, *Urinetown* is an earnest tale of love, greed, and revolution. The show is set in a town plagued by a 20-year drought, where water has become so scarce that private toilets have become unthinkable. At the mercy of a single dominating corporation who maintains a monopoly on the town's public amenities, the destitute citizens must pay towering taxes and fines to carry out their most private and basic of needs. Out of the mass of the pitiable, a hero rises to lead his fellow citizens against the tyrannical regime. Drawing from *West Side Story*, *Chicago*, and *Les Misérables* among others, the show irreverently pays witty homage to the great American musical theatre tradition. Hilariously funny and touchingly honest, *Urinetown* provides a fresh perspective of one of America's greatest art forms. Don't miss it!!

One Act Play Preview/Dessert Night

Come to see ORHS's entry for the
2007 NH Theatre Festival's
One Act Play Competition

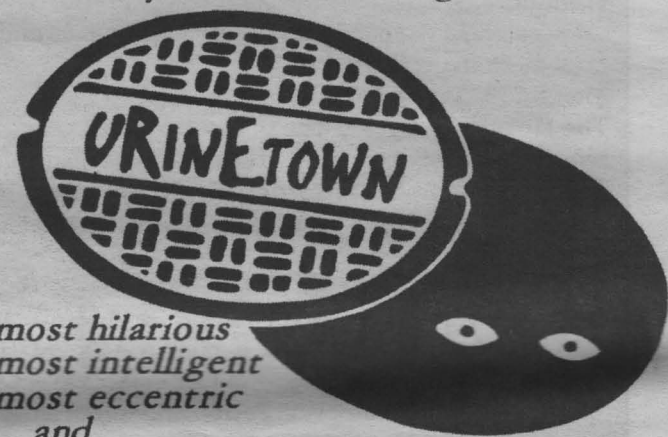
Check, please

Thursday, March 15th

Dessert @ 6:30 Show @ 7:00

\$3 for students/seniors and \$5 for adults

Oyster River High School
proudly (??) presents
the Tony Award Winning Musical



*The most hilarious
The most intelligent
The most eccentric
and*

*The most poorly named musical
of the 21st Century*

Directed by David Ervin
Musical Direction by Marc LaForce
Choreography by Alden Caple

March 29, 30, and 31, 2007 at 7 p.m.
Oyster River High School Auditorium

Ticket prices are
\$8 (adults) and \$5 (students/senior citizens)

Elementary School Social Lives - continued from page 7.

hated her. "Hate" sounded so harsh coming from a third grader. Jessica didn't know, but she continued the story, "She told everyone I was mean and they also talked behind my friend Ellie's back saying that she was mean, because she's mean some of the time, but not all the time and they said I was getting my meanness from her."

While girls have to deal with finding someone to play with at recess, friends who don't like their other friends, friends who talk behind their back, and countless other issues, the boys didn't seem to have any of these problems.

Though it was a little intimidating, I went up to a table of eight second grade boys at Mast Way School's lunch. Not a single one of these boys said they had ever had trouble finding someone to play with. They said they allow anyone to play with them, and often all the boys just play together.

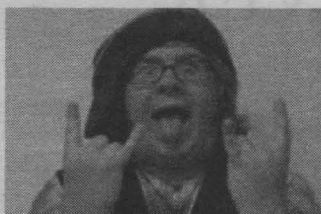
However, there was one group they excluded: the girls.

In fact, I had been directed to this table by some second grade girls. They had said, "The boys don't let us play, and pointed angrily to the table of boys."

Being back at the elementary school was an experience. It was hard to tell the mean kids from the nice kids because, since I explained that I was a high schooler, they were all nice to me. I could remember exactly how some of them felt though, especially with the story about the kids "playing alone." All in all, while recess was fun, I was very happy to get back to the high school.

*Names have been changed

Up until the 1970s, Irish laws mandated that pubs be closed on March 17



Greyson Erlick News/Features

What's Happenin'?

Movies

March 16th

Sunshine- A team of eight astronauts are sent to re-ignite a dying sun.

Premonition- When her husband reappears the day after he died in a car accident, a woman looks to rearrange events and prevent the tragedy from occurring.

March 23rd

The Hills Have Eyes 2- The follow-up to last year's horror movie remake; it's probably going to be equally as disturbing as the first.

Teenage Mutant Ninja Turtles- The classic crime fighting group of teenage turtles is back in action in this CGI animated version of the characters.

March 30th

Blades of Glory - Two rival Olympic ice skaters were stripped of their gold medals and permanently banned from men's single competition. Presently, however, they've found a loophole that will allow them to qualify as a pairs team. Will Ferrell and John Heder star in this one.

The Lookout- After experiencing a brain injury and facing a potential mental disability, a janitor becomes part of a heist at the bank which employs him.

April 6th

Greyson's Pick: Grindhouse- Back-to-back flicks from Quentin Tarantino and Robert Rodriguez. In Tarantino's *Death Proof*, three Austin ladies out for a night on the town are trailed by Stuntman Mike, a scarred outsider with one killer car; in Rodriguez's *Planet Terror*, a dancer and her ex-boyfriend are a town's only real hope against an outbreak that turns everyday people into flesh-hungry aggressors.

The Hoax- The story of Clifford Irving, a man who supposedly sold a bogus biography of Howard Hughes to a premiere publishing house in the early 1970s.

April 13th

Greyson's Pick:

Aqua Teen Hunger Force Colon Movie Film for Theaters- The reason behind the recent bomb scare in Boston was to advertise for this upcoming movie based on the hit cartoon on Cartoon Network's Adult Swim. The gang of three battles an evil machine and save the world from an ensuing apocalypse.

Disturbia- A teenager living under house arrest becomes convinced his neighbor is a serial killer.

Source: imdb.com

Concerts

3/15 The Shins: Orpheum Theater, Boston

3/16 Dropkick Murphys: Avalon, Boston

3/21 Ladysmith Black Mambazo: The Music Hall, Portsmouth

3/22 Keb Mo: The Music Hall, Portsmouth

3/22 Taste of Chaos Tour: Tsongas Arena, Lowell

3/23 The Decemberists: Avalon, Boston

3/24 The Ride Reunion Show: The Stone Church, Newmarket

3/26 Justin Timberlake: Verizon Wireless Arena, Manchester

3/28 Toots and The Maytals: Avalon, Boston

3/29 Jedi Mind Tricks: Middle East, Cambridge

4/06 Taking Back Sunday: Tsongas Arena, Lowell

4/06 Jet: Hampton Beach Casino Ballroom, Hampton

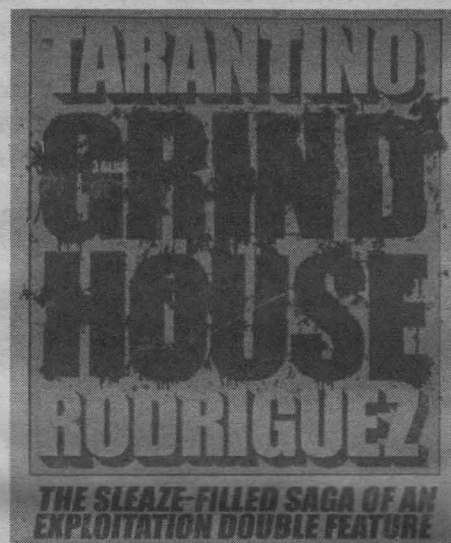
4/07 Iggy and the Stooges: Orpheum Theater, Boston

4/09 Crosby and Nash: The Music Hall, Portsmouth

4/12 Buddy Guy: Hampton Beach Casino Ballroom, Hampton

4/14 The Wailers: Hampton Beach Casino Ballroom, Hampton

4/26 OAR: The Whittemore Center, Durham



Albums

March 20th

Joss Stone- Introducing Joss Stone

Modest Mouse- We Were Dead Before the Ship Even Sank

Ted Leo and The Pharmacists- Living With the Living

Stephen Marley- Mind Control

March 27th

Ozomatli- Don't Mess With the Dragon

Carlos Santana and Wayne Shorter- Live at Montreux

John Butler Trio- Grand Nation

Kaiser Chiefs- Yours Truly, Angry Mob

April 3rd

Kings of Leon- Because of the Times

Manowar- Gods of War

Fountains of Wayne- Traffic and Weather

April 10th

Evil Dead The Musical Soundtrack

Bright Eyes- Cassadaga

Nine Inch Nails- Year Zero

March 13, 2007

Embarrassing Driving Stories



Allison Krzanowski

This is a subject everyone can relate to. Many people won't admit to it, but we all have an embarrassing driving story. I know I have many, but my most embarrassing one was last fall. I was driving in Dover when I realized I had accidentally just cut off someone trying to pull out of a gas station. However, I managed to make eye contact with the driver, only to notice it was an old friend who wasn't too fond of me. I tried to make things less awkward by smiling and waving a lot, but he was still stuck driving behind me for a while. Then, I saw a girl trying to cross from the other side of the road and decided at the last minute to slam on my brakes and stop for her. She started crossing, but my car didn't stop far enough back, so by the time she got to my side of the road she was level with my window. We had an awkward pause where the girl stared angrily at me through the driver's window, and I just smiled and motioned for her to walk around.

Here are some other people's embarrassing stories:

"I was driving at night and it was snowing. I turned a corner and this stupid frat boy walked in front of my car. I slammed on my brakes and I thought I would stop in time, but I didn't; the car tapped him and he fell over." -Amanda Fisher, grade 12

"I was pulling out of my friend's driveway and I didn't have my lights on yet. This bike started swerving all around my car so I was laying on the horn and the bike pulled up next to my car and it turned out to be a bike cop telling me to turn on my lights." -Alex Sylvia, art intern

"I saw Owen Henn crossing the street and while I was looking at him I drove into the curb. All because I'm so in love with Owen." -Emily Allen, grade 12

"There's this little old guy who always walks around the UNH campus really slowly. Seriously, at like six inches a step and he always has his head down and never looks up at anyone. So one day it was snowing and I was driving pretty fast and all of a sudden he looks up and starts waving his arms everywhere, like a bird, for me to slow down. Basically we almost hit the most innocent guy ever." -Taylor Ackerman, Grade 11

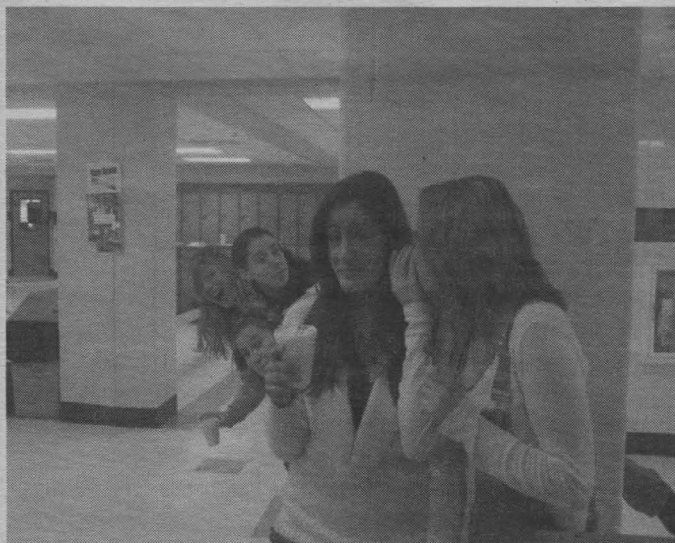
"My parents always yell at me to not talk on the phone while driving. One time, I was text messaging and I almost rear-ended someone and it turned out to be my dad." -Lydia Garnhart, Grade 12

"I rode my bike into a parked car. I went over the hood and into the street." -Alex Brown, grade 12

"I had just gotten my license a month ago and I wanted to see what it was like to tailgate someone. So I kept following them and they kept staying on the same road and not turning. Then they finally did turn- onto my road. It turned out to be Craig Randall's mom, my neighbor." -Sarah Pease, Grade 12

"I was in the left lane, stopped. There was no one in the two lanes to the right of me and I decided I didn't want to go straight. I was already frustrated with being lost all day, so I pulled a right hoping to go into a parking lot and this car started flying at me, and they slid parallel to me as I pulled into a space. Everyone in the car started yelling at me, so I just sat there with all the doors locked." -Mark Nicholson, Grade 11

Overheards



"No one talks about my bowels except me!" -Mr. Pappas

"What happens if I make \$600 but I get caught stripping?" -Blair Kelley

"If he was in Obama's body he would be perfect!" -Cecilia Low-Weiner on Dennis Kucinich

"I love midgets. I don't know what it is about them; they're just so damn cute." -Mr. Lawrence

"Aw yo, have you seen that booty? She's gotta have some black in her." -Tobi Afolyan

"Pay attention to who's putting what in their mouths on Friday." -Ms. Salazar, talking about observing babies in psychology class.

"So you love off-centered nipples?" -Amelia Curtis (talking about a sculpture)

"If I was a girl, I'd try to pee standing up." -Taylor Lanaman

St. Patrick is credited with establishing the Leap Year tradition of women proposing to men

Mouth of the River

Positions and Department

Sports –
Emily Sievert – Department Head
and Photo Editor
Joe Gehling – Layout Editor

News and Features –
Greyson Ersick – Department Head
Allison Krzanowski – Photo Editor
Caitlin Byrne – Layout Editor

Op-Ed –
Blair Kelley – Department Head
Cassie de Alba – Photo Editor
Sam Kerrigan – Layout Editor

Editor in Chief – Blair Kelley
Business Manager – Allison Krzanowski
Web Site Editor – Blair Kelley
Double Truck Editor – Greyson Ersick
Photo Editor – Cassie de Alba
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Letter from the Editor: School Spirit



Blair Kelley Op-Ed Department

As you can tell from the articles in this issue, there definitely seems to be a problem with the school spirit that we have at Oyster River. People just don't seem that motivated about anything and the attendance at school-related activities is at an all time low. The most notable absence has been at sporting events. It took until the basketball Senior Game (the last game of the year) for there to be a substantial amount of fans. I have my theories as to why the spirit is down and hopefully this issue can be improved.

The major reason for basketball games not being as intense is because people don't seem to have adapted to the new gym. I remember when I was younger I would always make it out to the high school basketball games and was always blown away by the size of the crowds and the intensity of the games. The atmosphere in that gym is something that I haven't seen

quite matched anywhere else. The memory that sticks out the most was the Coe-Brown game my freshman year. I remember coming out of the locker room after my JV game and finding it basically impossible to find a seat in the bleachers; it was packed. By the midway point in the first quarter, people started crowding around the corners of the gym just trying to find a spot. The atmosphere was incredible.

With the new gym, I feel that games can still be intense, but it's much harder. The building is a lot bigger and doesn't create that close atmosphere quite as much. In order to have an intense crowd, there really have to be a lot of people at the game to make themselves heard. While there have been a few games over my basketball career that have had unbelievable crowds, I just don't see it like I used to. People only seem motivated to show up for the biggest games rather than every game. To put in simple terms, we have a lot of fair-weather fans.

While this basketball season was a bit of a loss in terms of fan support, I still feel that people can redeem themselves with the upcoming lacrosse and baseball seasons. Hopefully our performance in the lacrosse finals last year finally showed people what a great sport lacrosse can be. Going to games and rooting for your team is a lot of fun; that is the one thing I have really missed being a three sport athlete. The lack of fans issue can be easily solved if people just show up to the games. It's not that hard, and you'll definitely enjoy yourselves once you're there.

Do You Care Enough To Read This Article?

Dear ORHS: please start caring. Oh, I know you care about where the party is, and who's dating who, but what about a little education in school once in a while? I know it's a novel concept, but please hear me out. In my Sociology class a few days ago, we had this discussion about how kids have an inherent love of learning, and how most people lose that by high school. It took me two pretty miserable years of educational apathy, but I realized somewhere near the end of my sophomore year that I really did love learning: just not what I was learning at that moment.

I structured my schedule for the next two years around what I wanted to learn. No more math, no more science, and a lot more English. I've since discovered that I'm actually excited to come to school and learn, rather than come to school and talk about the latest petty drama. Try it sometime: sign up for a class you actually want to take rather than a class that will look good on your transcript.

Allison Krzanowski, an MOR staff member, did just that this year. As a senior, she decided to take only classes that interested her. "After vacation I really wanted to go back to school," she told me, "because I was really excited for my classes." That's not something you hear from most high school students; in fact, out of a random survey of students, Allison was the only one who told me she enjoyed coming to school. "I definitely think I'm learning," she said, "and I'm working a lot harder." While she doesn't think this path is for everyone—

"If you want to go to Harvard, I wouldn't recommend dropping all your classes!"—she believes that it has definitely helped her make the most of high school.

And it's not like learning has to stop in school. Find something you're interested in and pursue it. Maybe it's music or maybe it's chemical engineering, but no matter what it is you should try to teach yourself about it. Maybe you'll find out that you actually enjoy learning without a due date or a grade attached.

Pamela Raiford, my Sociology teacher, believes that "everybody inherently loves to learn." She believes that education is important because it opens us up to new possibilities, experiences, and "opens that door to leading a rich and interesting life." However, she feels that for some people, school can hinder that desire for knowledge. "The schedule of school impedes everyone to some degree," she believes, because it doesn't give students flexibility to spend more time on a project they're interested in or a painting they're in the middle of. Raiford thinks this is a problem because the environment may stop students from wanting to learn.

Our superintendent, Howard Colter, believes that "each of us is born full of curiosity." If students aren't motivated by our curriculum, "perhaps it is time for a thorough review of ORHS's mission and statement of beliefs." But until then, it's up to us, as students, to work around the limitations that school represents. It's up to us to wake up and take charge of our own education.

Of the 42 American presidents, 21 have been of Irish descent



Cassie de Alba Op-Ed Department



Blurry features are one of the many dangers of not caring about your education.

Three Thoughts:

Every year the time comes for seniors to apply to their favorite colleges. Countless hours are devoted to essays, applications and tracking down teachers for letters of recommendation. This is the most stressful time in a lot of people's four years of high school. A lot of burden is put on the guidance department to handle student transcripts and, understandably, mistakes are sometimes made. While I can understand how people get frustrated with guidance, I also understand that there are only three guidance counselors to deal with all of this work.

From a personal standpoint, I did not encounter any problems during the college application process, but then again I only applied to two schools. My counselor was very helpful and always open for any questions that I had. However, I also realized that I had to take a lot of the initiative. In order to have a successful application process, it really is up to the student. If students really take the time to ask questions and hound the counselors to make sure everything was sent out correctly, there shouldn't be any issues. Initiative is huge with this process; it is unrealistic to expect the counselors to do everything for you.

"My college application process went really well with my guidance counselor," said Senior Sara Powell. "Any problems I had were easily answered and all of my information was sent out basically stress free."

As for the students who have their transcripts sent incorrectly or not at all, I feel for them as well. I do feel, however, that there is a solution to the problems that arise. First off, I think students should be required to sit down and look over the transcript with their guidance counselor. This will significantly decrease the chance of mistakes. Any incorrect grades can be fixed when the two people work together. As for the issue of transcripts not being sent out at all, I think this goes back to initiative. If students are constantly consulting their counselors and verifying everything, there shouldn't be many problems.

I can sympathize with both sides of this controversial issue. While some people feel that it's the guidance department's job to send out everything correctly, it's very easy to make mistakes. Students caring about their applications and future would significantly decrease these mistakes by communicating. It worked for me and I'm sure it could help anyone else during the stressful application process.

"My recommendation for next years students is to just take it upon yourself to meet with guidance," stated Powell. "They can answer your questions, but it really is up to you."



The op-ed staff contemplates guidance.

Ayden Grout tore through the high school art room, crumpling a piece of paper in her hands. Throwing open the outside doors, she rushed out to the parking lot, slammed the doors behind her, and let out a blood-curdling scream. Onlookers were obviously concerned, but the problem soon became clear: the guidance department had lost some of her college forms.

Scenes like this are more typical than you'd like to think at Oyster River High School. It seems like guidance is always forgetting to send transcripts or insisting that you never gave them a form you know you turned in weeks ago. This can't all be the fault of students, especially since it seems to happen here much more than at other schools; when I mentioned it to a friend from out of state, she said, "I can't even imagine what would happen if that happened here...some arson at the high school, to be sure. And that's just the parents." People not familiar with our school seem to be horrified with how often things go wrong, so why are we taking it in stride?

I'm not pointing fingers here; I don't think it's the fault of one person within the department. It just seems that with a graduating class of 186, guidance could pay more individual attention to each student to make sure transcripts are getting sent out, and to the right places.

Ayden Grout, when she's not busy screaming, has strong opinions on this issue. As soon as I asked her if there was a problem with our guidance department, she yelled "YES!" She went on to say, "That's not even a question in my mind," as well as several other things I can't print here. Her advice to other students dealing with guidance? "To not deal with guidance and simply do everything themselves."

When the guidance department inspires this much animosity in students, something has to be wrong. Personally, everything went fine with my application process, but perhaps that's because I only applied to two schools. Based on what other students have gone through, I really think guidance needs to pay more attention to the application process.

Guidance

At first I thought I would take it easy on guidance; after all, they are helping me get into college. But then I received a letter from UNH on February 8th. This, however, was not your typical acceptance or rejection letter. The letter stated I was missing my transcript and SAT scores. These were the two things I had nothing to do with sending. As one might assume, I was less than happy.

This, however, hasn't just happened to me. I have heard of at least half a dozen other seniors who have had similar problems. One of these students was Julie Pitkin, who was hoping to attend UNH. "[Guidance] never told me I needed three years of math to go to UNH until it was too late," she said.

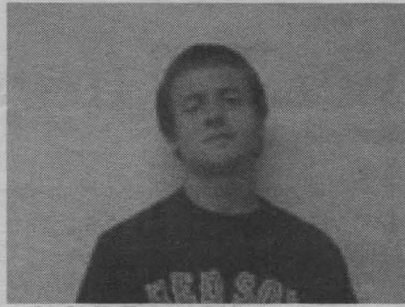
I have also come to hear about a lot of miscommunication that guidance is responsible for. Not only was there Julie's situation, but senior Corey Lewis had a similar problem. "They never informed me that I needed to take chemistry in order to go to a 4 year school, so now I need to take night classes."

Going into senior year I really had no idea where I wanted to go or what I wanted to do in college, but at least I had guidance there to help me out. Exactly what did they do, are you wondering? Well, they set up one meeting with me asking me what I was doing in terms of college. As I said earlier I had no idea what I wanted to do, and being the first child I didn't know what I was expected to do.

I left that meeting more confused than I had been while taking Finite, and let me tell you that was no cakewalk. The next step I took was probably the best thing I had done in terms of college, and that was meeting with a family friend whose job it is to help get people into college. This was incredibly helpful to me; not only did she tell me what I was expected to do, but she told me how to do it. In a one hour-long meeting I had accomplished more than guidance had in my whole high school career.

Now, I don't mean to rag on guidance too much. They are very nice people, and they have a tough job. There are some people whose experience with guidance was excellent, but from my knowledge these are not the average students: these are the very highly motivated kids who know exactly what they want to do and where they want to go. Unfortunately, that just wasn't me.

Left Column: Blair Kelley
Center Column: Cassie de Alba
Right Column: Sam Kerrigan



Blair KelleyOp-Ed Department

The Rant: Obesity

I've got to be honest, the obesity problem that we have in the United States makes me pretty angry. People just don't seem to care about their health or even their personal appearance anymore. For me, one of my life goals is never allowing myself to become overweight. It really isn't that hard to stay relatively in shape. There are two things that people have to do to maintain a respectable weight: eat decently healthy and exercise. People are so lazy

now and don't bother to do either of them. Anyone can be in shape; you don't have to be an athlete to be so. If people were just more cautious about everything they do, we could significantly decrease the obesity rate.

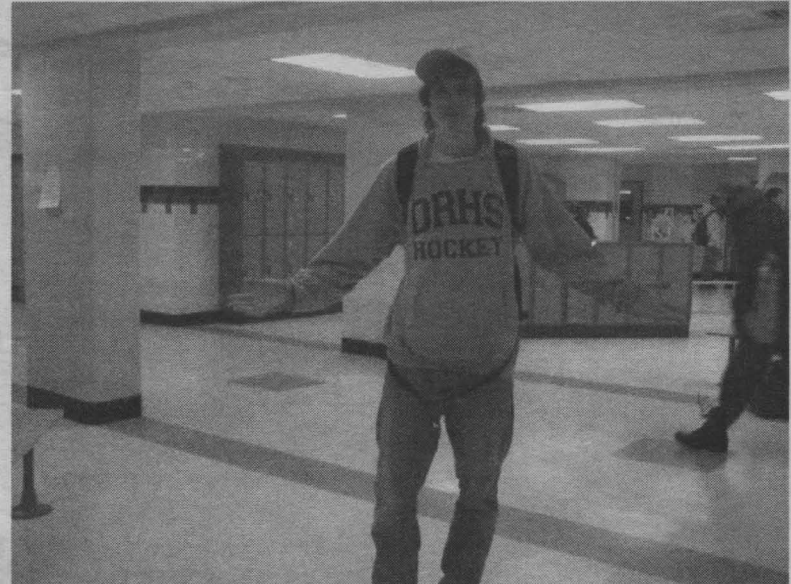
While I do feel strongly about the weight problem in our society, I also have to realize that people don't always know what they're eating. Some of the common foods that people eat are actually a lot worse than people may think. For instance, a lot of people love to eat salads because they think they are the best thing possible to eat. What people don't realize is that if you drench your salad with dressing and cover it in cheese, you defeat the purpose of eating healthy. Salad is healthy, salad dressing is not. When eating salad, limit the dressing or even try a healthier kind of dressing, it will dramatically improve the healthiness of your food.

Getting back to the exercise part of this, I just don't get why people don't understand this. If you run, walk, play some sort of activity, etc. at least a couple of times a week, obesity can be avoided. Some people just don't seem to have the will, however, to take the initiative and it really bothers me.

"I think people should not be obese," says Junior Matt Campbell. "I think people should take the responsibility to stay in shape."

I may be sounding insensitive, but I just really don't have any tolerance for fat people. I can understand if a person has some sort of physical impediment which keeps them from exercising, but otherwise I have no sympathy. People need to take care of themselves a lot more. I'm sick of this society we live in where people can get a free pass for being huge. Exercise, eat healthy and take the initiative: it will pay off, I promise.

"To stay committed to being fit, I do ten pushups every time I open the refrigerator," says Campbell. I wish we could all be this serious about our health.



Blake Janelle feels strongly about obesity

Suave Sam



Sam KorriganOp-Ed Department

Q-How is it that you kept such a solid grip on your lesser siblings with apparent ease, where as your peer, Joe Gehling, has so clearly lost his hold on little Joe (Owen), as can be seen through the latter's despicable attitude towards upper classmen? Can Joe ever regain his superiority over his kin and attempt (never mind succeed) to correct the faults he so abominably let develop in little Joe? -Dragos Maftai

A-Dragos, great topic and to be perfectly frank with you I'm not sure if Joe can turn it around. I've trained my brothers for years and it's a long process getting them to do whatever you ask. If Joe wants results he's going to have to start showing Owen who the alpha brother is and he's going to have to start soon.

Q-Sam, is it more normal to crumple the toilet paper when you wipe or would folding it be more accepted? -The Ryan Hubbard

A-Hub, many hours have been spent on this debate and the truth is there is no correct answer. I personally believe the fold is the most sanitary as well as most efficient, but others such as Evan Lonstein prefer the "snowball," as he puts it. It

simply comes down to your own comfort.

Q-Why is Oyster River so in tune with me and Joe's relationship?-Lynden Scarano

A-Lynden, Oyster River is so in tune to your relationship because as a whole we happen to gossip a lot, so even the little stuff gets out. Not to mention Joe has a beautiful neck.

Oyster River Wishes

I Miss you Madame!
I hope you get better
Soon! ~ Molly Snelling



Get well Madame!
We miss you!
Bryce

Madame! We
love you! please get
better!! -Kelsie

Madame,
We love and
miss you lots!!
Love,
Kyle Drugen-zpich
and Emily Kenly

We miss you so
much! get better soon!
~ Michelle Coste


Get well
soon
Madame!
Hannah

Madame I miss you
sooooo much! Get
well soon, Quiz bowl
needs you! -Alexe
(Marie-Alix)


We Miss You!
-Cooper Falk

Get well soon!!
Sara Usher

Please get well soon
I miss you and
I miss the story talks
~ Raty Bir

Hope you feel better soon!
We miss you! 
-Hannah Eiseman

I Hope Everything
works out and you come
back soon. We all miss
you!
Lauren Anderson

I Miss you so much
Madame Smith!!  Meg Dana

March 13, 2007

Good Luck to Madame Smith

get well soon!
we miss you
so much!!

-Ali Sturtevant

Get well soon I
miss you name
-spence

Get well soon
Madame! We
miss you!

-Kara Pawlitz-

Please
come back
soon, we
hope you feel
better.

-Kerthy Robbins

Hope you come back

soon we miss
you. get well
soon.

-Stephan

French is not the same
without you. Get well soon =)
♥ Daniela Rossi

Oh! Madame, you are the
best french teacher ever.
get well très vite!

-Gordon H. Kern (Kern)

We miss you!

Alex Meissner

Hope you're OK

Mike Graham

Get well
soon! we miss
you so much!
-Michelle Mason

I hope you get
better soon so you
can get as soon as
possible!!
-Meghan Miller
Kay Mullin

Please get well
soon! we all
miss you
♥ Sara Powell

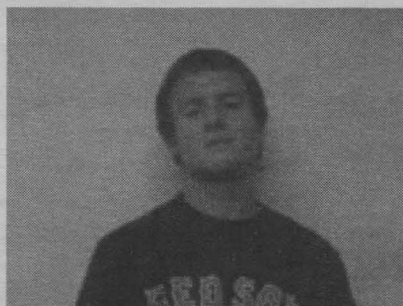
I hope you feel
better soon!
we miss you!
-Judy

We miss you!
Come back soon!
♥ Sam Ackerman

feel better soon!!
we miss you!!
-eryn

Get better soon!
we miss you,
Mary

Sega Genesis



Blair Kelley Op-Ed Department

With improving technology and better graphics, people are beginning to forget the past. Playstation 3 and X-Box 360 dominate the gaming world. Old systems are completely overlooked and stored away. I have made an effort, however, to not lose my gaming roots and have maintained my old video game systems. There is one system in particular that will never be matched in my eyes: the Sega Genesis.

The Genesis was released in the fall of 1989 and was considered ahead of its time. It was the first successful system to have 16-bits, which basically meant that the system and its games could hold more data and had better graphics (wikipedia.org). The Genesis faded away after the release of the Playstation and Nintendo 64, but I have never

stopped playing this system and strongly believe that it's the greatest console ever created.

The game *NHL 95* alone shows why the Genesis is so great. The game is easily mastered and there are only so many ways to score, so a person has to become crafty. One timers and breakaways are the name of the game. This game also features the hit button which requires impeccable timing. *NHL 95* is perfect for someone who's looking to play a hockey game without having to worry about learning 900 different buttons.

The best thing about the Sega Genesis is the simplicity of it. The Sega controller only has a few buttons: a directional pad and three buttons labeled A, B and C. This makes it easy for someone to be able to play any game. The game play, however, is a different story. While it is easy to physically play these games, the game play is still very intense. A lot of the games require quick reaction time and also a lot of intelligence. Different games require different tricks and it is very fun to try and figure them all out.

While some of the sports games like *NHL 95* are superb, the action games do not disappoint either. Some of the great games include: *Teenage Mutant Ninja Turtles: the Hyperstone Heist*, *Golden Axe 2* and *Sonic the Hedgehog*. These games may seem dated, but believe it or not they still have a very high entertainment level. *Ninja Turtles* requires quick thinking and can be very frustrating at times. My basketball season was almost affected after I punched my bed out of sheer frustration because of this game. *Sonic the Hedgehog* is also another classic. The game is simple; it's just a blue

hedgehog trying to escape different levels and eventually defeat a boss. However, there are so many traps set up around the levels that really require focus. I am spent after a good game of *Sonic the Hedgehog*.

When it comes to video games, I'm all about the classics. I grew up playing Sega and I guess it has been tough for me to give it up. I have been playing a lot of the same games for years now, but something about them keeps dragging me in. There is a very sentimental connection with Sega. My older brother and I look forward to the days he comes home from college and challenges me to a classic game of *NHL 95* or *RBI Baseball 4*. These games are unbelievable and I plan on playing them for years to come.



The "Op-Ed Boyz" enjoying some Sega



Sam Kerrigan Op-Ed Department

Video Games: The Old and New

Throughout most of my life I have been playing video games and I have always loved them. It began with Atari, then the original Nintendo, and then it moved on to Sega, N64 and Playstation. Now we are playing unbelievable systems

such as Xbox 360 and Playstation 3.

In my opinion, the original Nintendo and Sega opened doors for game systems with great games such as Mario and Sonic the Hedgehog. This is when the video game world exploded!

Nintendo has the longest lasting video game dynasty and in that time they released six different systems. My personal favorite is N64. Some of the greatest games ever made came from N64; games including Mario Kart, Crusin' World and Golden Eye, which in my opinion is the best Bond game ever made and quite possibly the greatest game ever. N64 also revolutionized the video game industry with the invention of the built-in trigger. Then Playstation came out and the two systems were fierce competitors. However, this rivalry only lasted a few years.

The next wave of systems included Playstation 2, Game Cube and the XBOX. XBOX and Playstation 2 surged ahead of the Game Cube and now these two, despite the new inventions of the 360 and Playstation 3, still remain top of the line in the video game world.

Yes, these new systems are incredible and they possess technology that seemed unthinkable ten years ago, but keep in mind that these state-of-the-art systems aren't always the best. Gaming systems such as N64, Sega and Playstation opened doors for the technology we have today.

Now you may wonder where I am going with all of this, and my point is simple. All I am trying to say is remember the old games, the Sonic the Hedgehog, the Mario Kart and the Golden Eye, because when it comes down to it I happen to love video games. With gaming technology increasing by the day, the systems of our world will continue to get better and better. But it's the originals, or shall I say, the founding fathers of video games, that are the ones that I will remember and continue to love.

The Video Game Collaboration continued...

Top 5 Systems

1. N64
2. Playstation
3. XBOX
4. Sega
5. Playstaion 2

Top 10 Games

1. Golden Eye
2. Mario Kart
3. Night Fire
4. Madden
5. Ninja Turtles
6. NBA Live
7. Ghost Recon
8. Starwars Battlefront
9. Halo
10. Fifa

Blair's Top Five Sega Games

- Honorable Mention: Lakers vs. Celtics and the NBA Playoffs, NBA Jam, Mario Lemieux Hockey
5. Golden Axe 2
 4. RBI Baseball 4
 3. Sonic the Hedgehog
 2. Teenage Mutant Ninja Turtles: The Hyperstone Heist
 1. NHL 95

5 Bands You Should Be Listening To



Cassie de Alba Op-Ed Department

JASON ANDERSON: Jason Anderson is one local act you definitely don't want to miss live. He's from the Lakes Region of New Hampshire and is incredibly energetic and earnest about his music, which is part folk, part rock, and part singalong. But his live shows are what truly make him special. I emailed him about this article, and one of the things he said in his reply was that concerts are "a chance for a bunch of people—who may or may not know each other—to all exist in the same space; to sing, to sweat, to dance, to totally fall in love with life and remember that it's the little moments—tiny shared experiences—that completely inspire us, that let us truly feel ALIVE." This is the feeling you walk out with every time you see him play.

ESPECIALLY AWESOME SONGS: Tonight, O Jac!, From Wisconsin

EUX AUTRES: Eux Autres, a Portland-based brother-sister duo, aren't actually fluent in French, but that doesn't stop them from singing in it. Their catchiest song (which is saying a lot), "Ecoutez Bien," is a mix of random French words, a plunky

piano riff, and a lot of background "woo"s. Taking inspiration from everything from garage rock to French pop music from the 1960s, Eux Autres are in incredibly fun band with a great sense of musical style.

ESPECIALLY AWESOME SONGS: Ecoutez Bien, Patrick Nil, Other Girls

THE DECEMBERISTS: With their latest album, *The Crane Wife*, released on a major label (Capitol), The Decemberists are no longer technically an "indie" rock band. However, that hasn't stopped them from making the music they always have: full of pantaloons, roustabouts, dirigibles, and the occasional organ riff. Many of their songs deal with historical events or time periods; and yes, they are named after the Russian revolutionaries. You may need a dictionary to understand all their lyrics, but you won't need anything but your ears to realize that they're one of the best bands around today. They're currently on a US tour, and will play the Avalon in Boston on March 23 and 24.

ESPECIALLY AWESOME SONGS: Mariner's Revenge Song, Sons & Daughters, Red Right Ankle

DAR WILLIAMS: I honestly can't recommend Dar Williams' newer music as enthusiastically as her older albums, but I think this might just be because I'm so hopelessly attached to her older songs. She writes beautiful folk songs, accented by her guitar and breathy voice. Her lyrics are sometimes personal and sometimes political, but they're always powerful. If you've ever liked folk music (and even if you don't), you should definitely listen to Dar Williams.

ESPECIALLY AWESOME SONGS: Alleluia, I Had No Right, It Happens Every Day

ELF POWER: No, they don't sing about Lord of the Rings. Elf Power is a lo-fi indie band from Georgia that makes some truly awesome music. They're associated with the Elephant Six collective, the group of musicians who formed such bands as Neutral Milk Hotel and Of Montreal. They share members with many of the other bands in the collective, as well as their propensity for using a strange assortment of instruments. You don't want to miss their unique take on music.

ESPECIALLY AWESOME SONGS: An Old Familiar Scene, The Winter Is Coming, O What A Beautiful Dream

What music do *you* think everyone should be listening to? Email me at morlovesmusic@yahoo.com and let me know what you think!

In 1898 the Dun Laoghaire yacht race became the first ever-sporting event to be broadcast on radio

What Happened to Our Fans?



Sam KerriganOp-Ed Department

intense, and truthfully, it can make the difference in a close game. I realize that not every game is going to be that interesting and I am not expecting a sellout crowd every game. But when I see more fans from Kingswood than Oyster River, that flat out makes me angry.

It wasn't just the boys' team who was plagued with the lack of fans, the girls' team was feeling the same way. "It depended on the game for us. The bigger games we had more fans, but a lot of the time we hardly had any. It helps having a lot of fans, but over the years I have come to depend more on myself because of the lack of fans," says Senior Emily Jasinski.

Where has our Oyster River pride gone? When I was a freshman and sophomore, I loved coming to the sporting events, because it was the cool thing to do and everyone went. So why has this changed? "The fan support was pretty disappointing these past couple of years," said Andy Maurer, who recalls the memories of the old gyms atmosphere. "I remember being a little kid in the old gym and being overwhelmed by the fans. Now it just seems like another social event rather than a game," stated Maurer.

Some might blame it on the strict cheering policies, or some just aren't able to accept the fact that they can't come to sporting events under the influence of some drug. Personally, I think these people are real lame. If I do say so myself, I've been a pretty good fan in my day, and I know better than most people that it's a blast to give the opposing team crap.

You are no longer allowed to directly attack the other players, but believe me when I say there are still ways to get inside the other players heads.

"[Although] I thought the fans this year were great, I definitely would have liked to see more people. But I understand that we have a lot of students working and participating in other sports and we are not that big of a school. Next year we are trying to change close girls' and boys' games so that they can go support each other, and we'll make it so hockey and basketball games are not on the same day," says Maynard in response to this year's fans.

"It just seems like the fans aren't hyped up for the games anymore," said Sophomore Jake Gross. Well my response to that is simple: get hyped up. If you look at Oyster River's athletics, you will realize that we are always top of the pack in every sport and I think this is over looked. If this doesn't give you reason enough to come out and watch a game I don't know what does.

I feel that a lot of this responsibility falls on the seniors. As I mentioned in my previous article about dances this year, if the seniors attend events the underclassmen will follow. So, seniors to freshmen, please get out there and support your fellow students.

Unfortunately I only have one season left at ORHS as an athlete, and that is lacrosse. What I would truly love to see would be for fans to come out to all of our games, cheer their hardest, and make it a season for us lacrosse players to remember.



What an Oyster River crowd should look like

Other Schools with Good Crowd Spirit

Coe Brown
Saint Thomas
Plymouth
Con-Val
Bow

How "Creepy" Is MySpace?



Cassie de Alba Op-Ed Department

Mike Ulster is a 19-year-old freshman at UNH. He graduated from Nashua North High School, and likes the Red Sox, rock climbing, and "not going to class." Mike Ulster also has 46 friends on MySpace.

The only problem? Mike Ulster doesn't exist. I made him up. And yet, 46 people were willing to "friend" him on the internet's most popular social networking site. Most students at Oyster River High School—almost 75 percent—claim they don't have a MySpace profile, and the few who admitted they did were quick to clarify that they "don't really use it" or "someone else made it for me." The friend who helped me set up "Mike's" profile declined to be interviewed for this article, saying "I don't want people to know I have a MySpace!" The most common classification of the site was that it's "creepy."

But someone is using the site; there are over 148 million registered profiles. According to a recent study by the Pew Internet and American Life Project, over half of American teenagers have a MySpace, and teenage girls are most likely to have created a profile. Most people use

MySpace to chat and make plans with existing friends, but a large number also meet new people through it: including those people who added "Mike" to their friends lists, despite obviously not knowing who he was.

MySpace is a relatively new site; it's only been on the internet since the summer of 2003. For almost as long, it's been the target of various watchdog groups, who claim that the website is a breeding ground for pedophiles and sex offenders. The National Center for Missing and Exploited Children estimates that one in seven 10 to 17-year-olds have been sexually solicited on the internet, and warns parents to carefully monitor their children's behavior online. They are, understandably, not big fans of MySpace. However, in their brochure "Child Safety on the Information Highway," they stress, "The fact that crimes are being committed online...is not a reason to avoid using these services."

Debbie Sheldon, a computer teacher at ORHS, has similar views on the matter. Although she believes that "sometimes people share too much information" on the site, she sees creating a profile as a good way for students to learn how to use a computer.

"As long as people are careful about how they do things," she said, "I don't really see a problem with it." MySpace's official Safety Tips offer suggestions on how to be careful on the site, such as "Don't post anything you wouldn't want the world to know," and "Be careful about adding strangers to your friends list."

So how did Mike Ulster get 46 friends? Some of these people had set their profiles to private (viewable only by people they'd chosen to "friend"), but they were still willing to add a complete stranger to their friends list. One girl sent me a chatty message with her age, hometown, and high school, telling "Mike"

to "have a blast making a ton of new friends here." It's enough

to make you wonder how many of MySpace's 148 million users have actually read the Safety Tips.

One user who hasn't is Jess Richards, an ORHS senior. She says she's "addicted" to MySpace, but she's never read the Safety Tips because she already knows not to "put personal information on the internet." Richards, along with many of the students I interviewed, was hesitant to talk about MySpace, saying that the site was "stalkerish" and she didn't want people to know she uses it.

Many of the MySpace users I interviewed were shocked when I told them how many friends my fake profile has. When I asked Richards if she would ever "friend" someone she doesn't know, she replied, "No, because I'm not stupid." Karl Humm, a senior, said, "That's why I never got a MySpace...it's so sketchy."

But is MySpace itself just inherently "sketchy," or is it all in how you use it? The site specifically asks you for information it then tells you not to give out, such as name, hometown, and school. However, it seems like all you need is common sense to stay safe on the internet. After this experiment, I'm convinced that I'll never get a MySpace—but it's not because I feel unsafe on the site. I just think that it's, y'know, a little creepy.

Mike's Interests

General

watching baseball, rockclimbing, partying, hanging out, meeting new people, not going to class

Music

a ton of stuff, pretty much anything but country

Movies

anchorman, borat, napolean dynamite, i dunno anything funny.

Television

baseball

Groups:

UNH League of Boozehounds, Yachshemash! My Name eh Borat!, Red Sox Nation, BASEBALL - Represent Your Team!, New England Climbers, SOUTHERN NEW HAMPSHIRE!, Nashua High School

[View All Mike's Groups](#)

The laughably generic "interests" I created

Mike



Male
19 years old
NASHUA, NEW HAMPSHIRE
United States

Online Now!

Last Login:
1/17/2007

[View My: Pics | Videos](#)

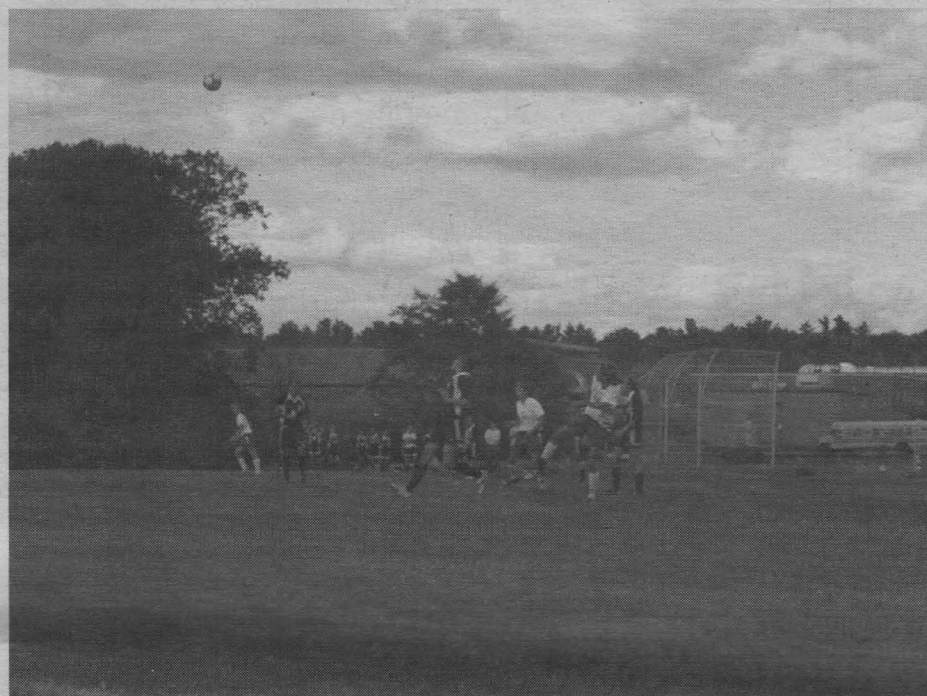
"Mike's" main profile picture

Does F.O.R.T. Still Have Any Friends?

Joe Gehling Sports Writer



With help from contributing writer
Gabriel Dorfsman-Hopkins



Oyster River athletes playing on the fields in their current condition.

this, there are a number of problems that could delay the voters passing it once more. The number one reason against building the track is the cost. Can you remember that big shoe in front of the Middle School that showed how much money was being raised for a new track? Friends of Oyster River Track (FORT) raised \$250,000 towards the new track. That would have been a lot of the cost if the track had been built a number of years ago, but now the price for constructing a track has gone up immensely. As the cost of petroleum (one of the materials that a track is made out of) has gone up, the cost of the track has gone up with it. Now the whole project could reach prices over \$3 million.

The voters might not want to pass this proposal because their already high tax rates will go up even more. Durham, Lee, and Madbury have higher taxes than surrounding towns because of the lack of big businesses to keep the taxes down. Also, we have not been able to get any sponsors to donate money in exchange for their name being placed on the stadium. Another reason the voters would go against the proposal is because all of this money is going towards athletics, and not the students' education. They might feel that this is not a good use of all of this money because a new track and turf field would not help their children's education.

Because of these reasons it is very unlikely that the track will be built in the near future. Marco Dorfsman, a Durham resident says, "When I moved here in 1997 I heard something about the fact that they were building a track at the high school, but every year the voters turned down the steps to build a track, and I doubt it will happen in the near future. They won't renovate until they have no other choice; as long as the fields are usable, they will be used."

There are many reasons that Oyster River would benefit from this project though. One is that the track

Have you heard the rumors about Oyster River getting a turf stadium? Have you heard that we might be getting our very own track? Well these rumors are just going to be rumors for at least a little while longer. This March, the school board is going to be proposing one of two plans to tear up the current fields and create an eight-lane all weather track with a well draining turf field in the center.

Greg Gilmore, a junior baseball and soccer player, says, "I think that this is an excellent opportunity, there is nothing like the feeling of playing under the lights." He went on to say, "In the long term it will be worth all of the money, the wait, and the limited space while it is being constructed. Meanwhile, I will just let my parents worry about the taxes."

There are two different plans of where and how to construct this track. Plan one has the current varsity soccer and lacrosse fields being torn up first, and then when the turf field is completed there, the field hockey field will be torn up and re-done. That way, there is always a usable field at the high school. Plan two has all the fields being torn up at the same time. There would be two turf fields, one of which is almost like a stadium. Blaine Cox, the building administrator at ORCSD, says, "In plan two, there wouldn't be any overlapping fields, and the track would be closer to the school and the parking lot. Also, there would be room for stands to give it a stadium effect."

Todd Allen, one of the founders of FORT, sees it differently though, "The problem with the second plan is that last year the school board decided not to lease or purchase offsite fields during the renovation. I hope the board presents the first plan, not the second, because voters will not pass the second plan."

Even though everyone knows that the school would benefit greatly from

"They won't renovate until they have no other choice; as long as the fields are usable, they will be used."

-- Marco Dorfsman

Continued on the next page.

Does F.O.R.T. Still Have Any Friends?

Continued from the previous page.

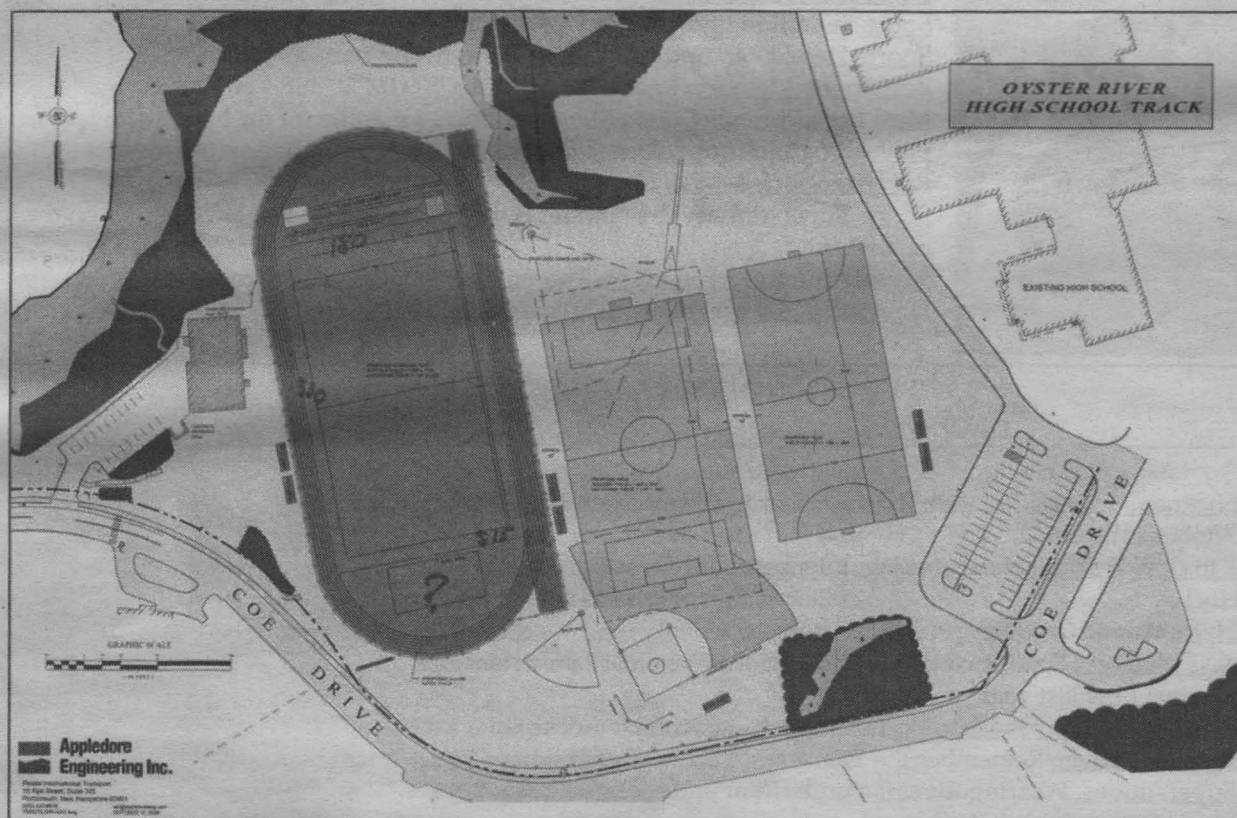
team would not have to go to UNH to practice, and would be able to truly host a meet. According to Allen, UNH charges a lot for us to use their track, so this would save the school some money. Also, the current fields get ruined when it rains. Games are rarely cancelled, so the cleats tear up the field until there is practically no grass left. By the end of the soccer and lacrosse seasons, the fields are in horrible condition. Tommy Lynch, a sophomore soccer player, describes the field as "swiss cheese" because it's so full of holes. Max DiSesa, a junior lacrosse player, depicts the terrible conditions another way

saying, "It ceases to become a field, becoming the desecrated remains of what used to be a place of great spiritual meaning."

FORT raised \$250,000, but now the whole project could cost over \$3 million.

Oyster River clearly needs a track and turf field, but it is unrealistic to think that this will be passed this year, regardless of the number of students who would support it. There is always hope though. One plus side to the proposal not being passed: future generations will be able to continue playing on the same sacred ground that the legends before them played on. The proposal and vote happen this March.

The vote to pass this field proposal takes place today, Tuesday, March 13th, 2007. If you are old enough, you should really try to get out to vote for whichever side you choose.



The layout of the proposed new track and fields.
Thanks to Blaine Cox for supplying the plans.

Athletes of the Month January and February

Name/Nicknames: Lana Ciali

DOB: September 8th, 1991

5 words to describe you: Fun, Crazy, Happy, Enthusiastic, Athletic

Sport: Indoor/Outdoor Track

Sports Hero: I don't have one.

Best Sports Memory: When the Boys Indoor team won the State Championships.

Most Embarrassing Sports Memory: I walked onto the track once when the boys 4x400m race was going on and then I got yelled at.

Favorite Sports Movie: Remember the Titans

Sports Superstitions: I wear lucky socks.

Animal you think represents you on the field: Kangaroo, because I jump over hurdles.

How much can you bench: 300 lbs.



Name/Nicknames: Kaitlin Clark

DOB: July 19th, 1989

5 words to describe you: Funny, Hyper, Friendly, Ticklish, Dedicated

Sport: Swimming!

Sports Hero: Dory and Bill Reeves

Best Sports Memory: I got 4th place in the 200 IM at states and I got a medal for it.

Most Embarrassing Sports Memory: Once, a member of the boys swim team got pantsed right in front of me. I think that was more embarrassing for him though.

Favorite Sports Movie: Remember the Titans

Sports Superstitions: The "Oyster River" on my swim cap always goes on the left side of my head.

Animal you think represents you on the field: I'd have to go with a fish...

How much can you bench: Three freshmen and a pigeon.

Name/Nicknames: Craig Randall; Ryan Hubbard calls me "Century"

DOB: October 11th, 1988

5 words to describe you: Hardworking, intense, cuddly, intelligent, sexy

Sport: Hockey

Sports Hero: Wayne Gretzky

Best Sports Memory: Scoring overtime game winners against Timberlane this year or against Bow last year.

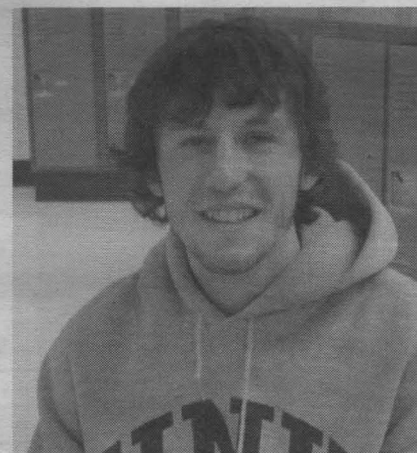
Most Embarrassing Sports Memory: Losing to Kingswood in hockey.

Favorite Sports Movie: Remember the Titans and Friday Night Lights

Sports Superstitions: Wearing the same underwear and socks on game days, and I always tie my right skate first.

Animal you think represents you on the field: Bigfoot

How much can you bench: More than Caitlin.



The Comeback Kid: The Next Great One?

Joe Gehling Sports Writer

Many of you know the scrawny Evan Lonstein only as a two-sport athlete (golf and baseball) and a jokester. However, Lonstein really is a serious three-sport athlete. He may not stand out, or score a lot of goals (he has 0 goals, 1 assist, a 0 +/-, with 4 PIM), but Lonstein is an integral part of the Bobcats' success.

Height: 6'

Weight: 205

Nickname: Bambi

How long had you played hockey before you quit?

I played competitive hockey for six years, quit, came back the next year, quit for another two years, and now I am playing again. I have played 8 years of competitive hockey, even though I started at the age of five.

When did you quit and why?

I quit when I was in 8th grade (1st year of bantoms). I quit because I lost interest. I returned to hockey for the second year of bantoms because my friends were coming back to Oyster River for their last year of youth hockey. Then I quit after that year (my freshman year) because of my coach and my brother. My coach did not think I was very good and never gave me playing time, which ruined my confidence. Also, my brother's skiing got me interested in that, so I wanted to ski more.

Why did you make the comeback?

I heard from some hockey players that the defense might be a little shorthanded and as a joke they told me to try out. But then it grew more serious. I just needed pads since a lot of my old stuff did not fit. Blake (Janelle) gave me a lot of equipment and then I just had to give it a shot. Why not? I also realized that my skiing was not improving as I had hoped, so I decided to go for it.

Are you enjoying the season? Are you glad you made the return?

I love it right now. Although our record is not as good as we had hoped, we are still playing well. We were a little too cocky at the beginning and that ended up being a problem.

What line are you? How much do you play? How many points do you have?

I am more of an utility defensemen. If a player is injured, benched, or penalized, then I get thrown in there. On paper I would be third line defense, but really I am the fifth defensemen in a four man rotation. I have started a few games, but I only get about 10 shifts a game, whereas the other four (Janelle, Alec Shidlovsky, Pete Olmstead, and Jeff Coburn) have over 20.

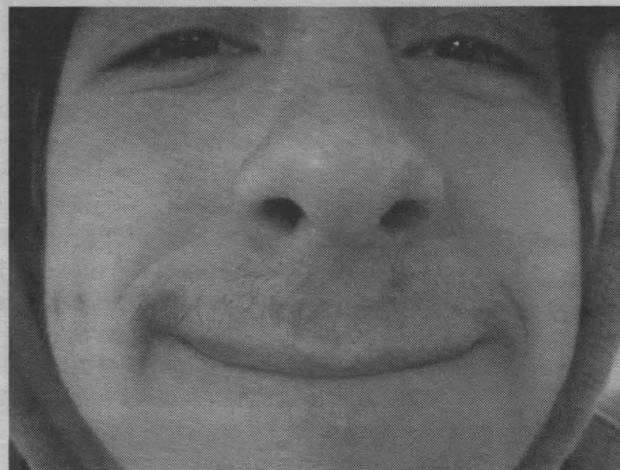
Evan's Contributions (as told to Joe Gehling):

I hope that I have helped out the team. I'm a veteran hockey player and a referee for the last four years. Although I'm not a leader by example, I feel like I have leadership qualities. I was the captain of the golf team, and I probably will be captain of the baseball team this year. Mainly, I think I have helped team chemistry. They look at me as a goofy kid. I try to get along with everyone and not leave younger kids out. The glue guy, if you will, keeping everyone together. I hope my team feels this way too.

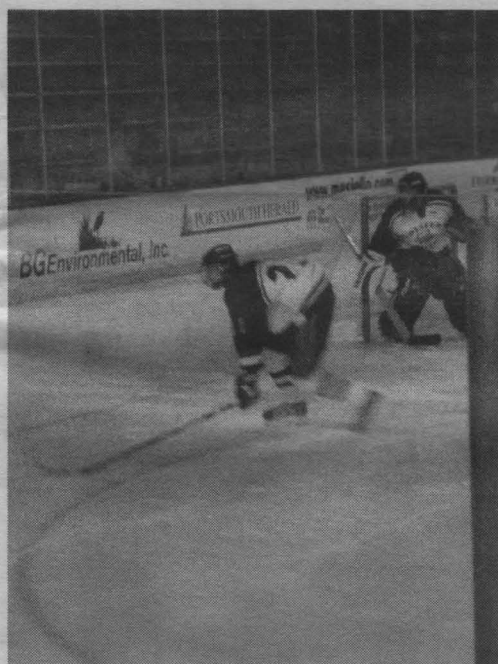
There are a lot of people who regret not playing hockey, especially their senior year (Kevin Fleming and Brandon Lonstein). I did not want to be one of them. Brandon has told me, "You are living out my only regret of high school."

The coaches have told me that they are mad that I did not play sooner because at my rate of improvement they told me that I would be a definite starter. But I do not regret the two years without it either. I enjoyed skiing and relaxing since I play baseball three seasons a year, and almost everyday from spring until fall I use my free time on golf.

The first day of tryouts at 5 a.m. was miserable. Not using those muscles for two years really hurt. I could not even stand up afterwards my stomach hurt so bad. I contemplated not going back the next day, but I eventually got more into shape and I haven't died like that again. That was probably one of the worst days of my life. My goal is to keep working hard, to maybe become one of the four down the stretch in the playoffs, and help our school win its first hockey state championship.



Lonstein with his play-off mustache.



Lonstein chasing down the puck.

Where is the Love?

What happened to OR Pep Rallies? (Or should I say "Spirit Fests")



Emily Sievert
Sports Writer

It's 1:30pm on Class Color Day in 2004. Blue-shirted seniors litter the far end of the gym, across from their black clothed enemies: the Junior Class. The sophomores in red and freshmen in yellow feel the intensity as they cheer on their classes to no avail. Tug-of-war starts and the seniors and sophomores man their posts on either ends of the rope. The whistle sounds and the muscles bulge as the end of the pep rally draws near. A sudden heave from the sophomore side drags the flag their way, causing a wave of seniors to steal a win by using their entire class to tug on their side of the

rope. The seniors win yet again.

This has been the case since anyone can remember. Even though the class I belong to, 2007, has only been to a few pep rallies, every rally that any student can remember has been won by the senior class, whether it be fairly or by means of cheating. Most students agree that this is how it has always been and always should be.

"Seniors deserve to win the pep rally. Sophomore year we [2007] rightfully won the pep rally, but we knew that the seniors would take it in the end. It's just what happens. Underclassmen don't deserve to win a pep rally yet. As seniors you earn that right throughout four years of high school. It's more a sign of respect to the class than a sign of class-wide athletic ability," states senior Jeff Coburn.

In 2004, Coburn ripped down a senior banner at the pep rally with the help of others and caused the senior class to partake in a "bull run" through the halls of Oyster River. (The bull run consisted of at least 50% of the class running through the halls and pushing or shoving underclassmen) Since then, our school seems to have taken a turn for the worse. The class

of '05 left behind a legacy of pushing freshmen and their famous bull run, but they also left a path of destruction for the rest of OR's classes. The administration cracked down on destructive behavior by basically eliminating anything to do with class competition. If you haven't noticed, the fan attendance at sporting events has dropped dramatically and February's spirit week probably holds the record for the least participated in spirit week ever at OR.

"At least we got it changed from blue and white every day all week," stated junior Chelsea Kolter. Supposedly, Assistant Principal Sara Wotton meant no harm by blue and white all week, and instead was just uninformed about spirit day ideas.

"I thought blue and white would just be easy. All you have to do is wear jeans and a t-shirt. I was just never informed of theme days," responded Wotton to the unorganized spirit week in February.

The main thing that the administration wants to eliminate is class competition. Unfortunately, most teachers or administrators feel like competition between classes is only needed once a year and that it just causes students to become rowdy, angry, and sometimes violent.

"Pep Rallies are supposed to be a fun time for the student body to show school spirit and end the day. Once a year is enough for all the rowdiness and the whole 'entering the gym at separate times' thing. It's just not needed," stated Wotton. Most students however, disagree wholeheartedly.

"I remember having so much fun at the pep rallies freshman and sophomore year. It was energetic and almost everyone went. I don't even want to go to any more pep rallies if the competition aspect is gone. Our administration is changing everything," stated senior Emily Murphy.

So what happened to the crazy pep rallies of 03-05? Why are so many people skipping games and pep rallies? Is '07 school spirit at its lowest point ever? Most of us would agree that this school is just not what is used to be.

"I don't even want to go to any more pep rallies if the competition aspect is gone. Our administration is changing everything."

--- Senior Emily Murphy

Student Thoughts:

Are Pep Rallies fun anymore?

"This past one was fun until we didn't win. That's such bull —"

-Lucy Lent, Senior

"Last year was okay, but this year sucked. No one even did spirit week. It's pathetic."

-Paul Grant, Sophomore

"I was excited when I heard we had pep rallies in high school. But, this year [spirit week] wasn't as fun as I thought it would be."

-Hannah Allen, Freshman

"The administration is just ruining everything. It's because of them that students have lost all school spirit. It's stupid."

-Sarah Grant, Senior

"People have lost their school spirit because no one likes what's going on with our school. It's completely changed since my freshman year."

-Lily Burtis, Junior



Oyster River's own Olympic Musical Chairs competition team performing at the pep rally.

When Winter Gets Boring...



Emily Sievert Sports Writer

The winter months can sometimes feel constricting. Snow days are always a plus, but being stuck at home because of icy roads can be more than a hassle. Fortunately, there are some good things to do during the winter whether you enjoy being active or are just bored. Below is a list of activities to get involved in over the next winter (and in some cases) spring months. That's right, this means no more sitting at home on Saturdays complaining that there is nothing to do, or watching TV instead of being outside. Being active not only feels great, but it is great for you. So, get off the couch and try these out!

Winter/Spring:

Skiing:

Pros: Skiing requires many layers, so being cold is not that great of an excuse. Also, New England has more than enough mountains that should cater to all levels of skiers. We live in a great area!

Cons: The cost is not exactly on the low side.

Recommended Mountains: Bretton Woods (for the beginner to intermediate), Sunday River (long driv, but a ton of snow), Loon (not cheap, but great park)

All for it?: "Skiing is the best thing about winter. Everyone should at least try it once." Lauren Anderson, Senior

Ice/Rock Climbing:

Pros: Great for any seeking adventure, or maybe just missing rock climbing in the summer.

Cons: Should probably know the basics of what it entails. Also, equipment costs a lot.

Great Places to Go: Cathedral Ledge in North Conway, NH. Cathedral Ledge is a more experienced area for local rock or ice climbers, but is fun and close. Another great place is Pawtuckaway, where many hiking trails can be found leading you to great rock ledges or just great views.

All for it?: "I love rock climbing! I haven't been ice climbing but it's something I will definitely try." -Ty Guarino, Junior

Hiking:

Pros: Hiking is extremely active and good for muscle build-up and mild cardio workouts. Depending on which mountains you chose, basically anyone can do it and it's free!

Cons: Some mountains can be extremely challenging, and on mountains like Mt. Washington, the weather can be extremely unpredictable.

Great Mountains of NE: Easiest: Mt. Major (West Alton) and Blue Job (Farmington). Intermediate: Chocorua (Mt. Washington Valley) and Mt. Lafayette (Franconia Notch). Hardest: Mt. Washington

All for it?: "There is nothing like winter hiking!" -- Lou Mroz, Teacher

Sledding:

Pros: Requires little to no "skill", just warm clothes, a good attitude, and the willingness to walk up the hill after going down it.

Cons: You have to walk back up the hill after going down it. Sometimes, (and we in NE know it quite well), there is no snow.

Great Hills: Wagon Hill (Durham), Farmington Golf Course (Farmington, NH), and if you want to throw in some money, most ski mountains have tubing for around \$20.

All for it?: "I love sledding! It's just so fun to go with your friends. You have to try going at night though. That's a must!" -- Cameron Lund, Senior

Ice Skating:

Pros: A healthy activity that is fun for all ages and a good hour or so with your family.

Cons: If you fall, you're falling hard.

Great Rinks: Jackson's Landing (Durham- free skate times are listed at rink), Mill Pond (Durham), the Lamprey River (You can skate all the way to Newmarket)

All for it?: "I love skating. Sometimes it's hard to make the time for it though. And you need to wait a while for the ice to freeze." --Megan Sievert, Senior

Biking:

Pros: Once on a bike, you can go pretty much anywhere a car can take you while burning fat and getting great exercise.

Cons: If you're not just riding for fun, it may take a while to reach your destination.

Good Trails or Areas: Odiorne State Park (Rye), Wagon Hill (when it's not too muddy), riding the NH coast (long windy roads that can be biked on for 10+ miles.)

All for it?: "Oh, I bike everyday. It's such good exercise and it's fun too." --Nate Bryant, Senior

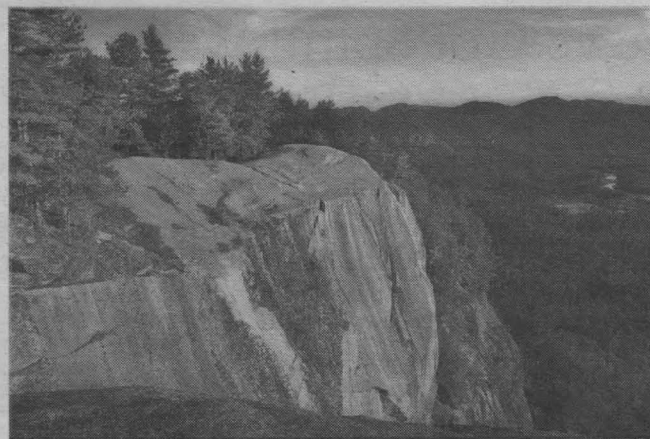


Photo courtesy of shutterfreaks.com



Photo courtesy of iknowwhatimdoing.com.

In the United States, it's customary to wear green on St. Patrick's Day. But in Ireland the color was long considered to be unlucky, says Bridget Haggerty

We've Got Spirit! Well...We Used To

Emily Sievert Sports Writer



"I say Oyster, you say River!" shouted Oyster River cheerleaders from behind the basket. A loud 'OYSTER' could be heard being yelled to the fans, which would unfortunately be followed by a mumbled and unenthusiastic 'River.'

The cheerleaders would finish off their cheer with pep and enthusiasm while the crowd either tuned them out or barely attempted to cheer back.

We all remember the games—well, maybe with the exception of freshmen—where the cheerleaders were decked out in short skirts and blue and white tops sporting our school's initials. They would bring as much energy to the games as they could and occasionally pump the crowd up like they were supposed to. Although we didn't have the best kicks or jumps like the other schools, and we had yet to see them throw a cheerleader in the air like in the movies, at least they were there to add some entertainment to the games. So, if you're wondering where the ORHS cheerleading team went...you're not alone.

Most of us probably thought that they were still holding practices in the multi-purpose room and waiting to debut at the first game. Yet there were a few of us who knew the truth, including senior Amelia Curtis, who is a veteran of the team.

"The cheerleading team just didn't have a coach anymore. The one we had got pregnant and then just didn't come back. We almost had one at the beginning of this season, but it fell through. I don't think many people care, though," Curtis said with a laugh.

According to Vice Principal Dave Evans, the team did in fact suffer from a coaching shortage. Evans disclosed more information, saying that last

year's cheerleading coach "was asked to leave for undisclosed reasons" and unfortunately no one came after her.

Another team that is among the missing is the ORHS dance team. The dance team was popular in previous years with around 15 members, including the lovely dancing skills of their only male member ever: John Eustace in 2005. This year, however, was much different. According to Evans, during

previous years a UNH student would come over to coach the dance team, but did not return this year. A decent substitute was not able to be found in such a short time. Evans recalled not hearing about any student even being interested in doing dance team this year.

So where has all the spirit gone? Basketball games no longer have the 10 or so cheerleaders chanting from behind the basket; nor do they have the dance team ripping up the floor during halftime. How do students feel? Senior Evan Lonstein recalls his thoughts on the issue and his last memory of the dance team.

"I don't think this really had an effect on the basketball team or the games. I don't really care that there are no cheerleaders, but it was funny when Megan McDonnell fell during a dance team performance. That was fun to watch."

Other students remember the cheerleaders in a better light. "I liked hearing cheers during the basketball games. It made the games more exciting when we were either beating a team by a lot or losing by a lot," stated junior sports fan Sarah Crothers.

Although our cheerleading team might not have been considered a "grade A" squad, at least there were people willing to get out there and do it. Evans has stated that both teams have not been completely eliminated from the sports program at ORHS and if anyone wanted to join either team, a coach is basically the only thing needed. So get off your butts, Oyster River, and bring back the spirit!



Cheerleaders from another school supporting their team.

Photo courtesy of gymtardio.com



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Little Randall on the Rise

Contributing writer Bethany Sharbaugh

"I love being on a team with my brother. We get along really well and we get to share the experience together." Freshman Ryan Randall from Oyster River High School says this about being on the hockey team with his brother, senior, Craig Randall. Not only is Ryan Randall on the team with his brother, but he is one of the lucky freshmen that gets the experience of starting on a varsity team.

He has worked hard to earn this privilege and he enjoys every minute of it. "It's fun being on varsity as a freshman because I actually get recognition for my hard work. I'm on another team but nobody in our school knows about it. With Oyster River people actually know what is going on."

Senior brother Craig, who is also captain of the team, says, "I was expecting Ryan to be on varsity. He's a good player and the other team he was on really prepared him for this season."

Unlike many siblings, Craig Randall and Ryan Randall get along very well. Ryan's friend, Elise Contas, freshman at Oyster River, says, "They're pretty good friends. I'm sure Ryan will miss him a lot when he goes to college." Craig Randall supports Contas' opinion by saying, "I like being on a team with Ryan because he is a really good player and he has a lot of potential."

These brothers have also accomplished something that nobody in Oyster



Photo courtesy of Foster's photographer Josh Gibney

River history has ever accomplished. This year Craig was the first hockey player ever to join the school's 100 point club. Ryan Randall and Craig Randall had been planning for Ryan to pass the puck to Craig and for him to score so Ryan could get the assist off of his 100th point, but plans were switched around. "We had this whole thing planned out for me to pass it to Craig and for him to score to get the 100 points, but he passed it to me and I scored, so his 100th point was off an assist. We didn't really care though, because as long as I was involved with it we were pretty excited," said Ryan Randall as a smile came across his face.

Many good moments of the Bobcat's season have come from this dynamic duo. Recently in their game against Dover, an intense overtime was completed by an incredible pass by Craig Randall to set Ryan Randall up for an astonishing goal. "My best high school hockey memory was scoring the game winning goal in overtime against Dover. It made it even better that Craig got the assist."

The fun will end soon as the Bobcats finish up their season and Craig Randall is going to graduate after this year. He hopes to play for a division 3 school and if he does not he will play club league. His little brother would like to play in college but at UNH which is a division 1 school. "I would love to play for UNH," Ryan Randall said. "Even though it's going to be hard I think that would be awesome to play for my hometown if I ever got that chance."



Congratulations Oyster River Boys' Indoor Track Team For Winning the Class I-M-S State Championships!



Star Runners:

Eyob Eyualem
Tony Gass
Tony Gass
Ricky Hoyt
Corey Lewis
Brian Halliwell
Nick Strong
Matt Talley
Pat Harvey



Today New York's St. Patrick's Day parade is the longest running civilian parade in the world.

It's Time For March Madness



Joe Gehling Sports Writer

March Madness: The single most intense sporting event of the year. "There is so much riding on every one game for everyone involved. For many fans, they have money on the tournament, so they need certain teams to win and others to lose. For the players, this could be the last basketball games they ever play," Kevin Fleming, a senior, said about the college basketball national tournament.

Unlike college football, there is no voting for the national championship. The team that plays the best will win the title. The NCAA tournament takes what is good from the football system, but instead of picking the championship game, it uses the information to create a playoff bracket.

The NCAA takes into account strength of schedule, RPI, in-conference records, overall standings, and then they use this information as well as the final rankings to determine the seeding for the national tournament. RPI stands for Ratings Percentage Index and is used to help rank the teams. The weights are 25% winning percentage, 50% strength of schedule, and 25% opponent's strength of schedule. There are four divisions with 16 teams in three of them. The fourth division has 17 teams, the extra team playing in a play-in-game for the chance to be a 16th seed and play the number one ranked team in the nation.

The NCAA Men's National Tournament is nicknamed March Madness, or the Big Dance. There are six rounds of the single elimination tournament. The tournament spans 19 days.

What makes this tournament so much more intense than any other playoff system in sports, college or professional, is that it is one and done, not just for the season, but for many of the players as well. For nearly all of the senior athletes competing, these will be the last organized basketball games that they ever play. If you lose one game, then you are done. If you do not give it your all, you could very easily be

headed home, your basketball career over.

One of the many reasons that this tournament is better than the NBA playoffs is that in the NBA they play five and seven game series to determine who advances to the next round. Each game does not hold nearly as much significance as it does in the college tournament. Also, the college athletes are playing solely for the love of the game. The professionals play for money and fame. Another thing that makes the NCAA tournament so incredible is the basketball play itself. I think that it is the most entertaining basketball around. The teams play together, move the ball quickly, play intense pressure defense, and go hard for all 40 minutes.

Last year, George Mason (a 12 seed) upset Connecticut, who was the favorite to win the championship. Florida ended up winning the whole thing, and did not graduate a single starter, so they were the pre-season favorite this season. Recently they went on a bit of a slide though, dropping three of four games. Ohio State has one of the best players in the country, Greg Oden, but they have not dominated any other teams, and

have not beaten very many good teams; they only have two wins over ranked opponents. UNC, Kansas, Texas, UCLA, and Memphis are all very un-experienced teams, so they could be upset in the tournament. Wisconsin just lost one of their stronger players (Brian Butch) to a separated elbow for 4-6 weeks, severely crippling their chances of a national title.

Texas has arguably the best player in the land in Kevin Durant, but he and his team are very young and inexperienced. On February 28th, Texas (then ranked 15th in the nation) upset Texas A&M (then ranked 6th) in double overtime. This game showed why college basketball is so popular. Thousands of fans packed into the Frank Erwin Center in Austin, Texas to see two of the best players in the country, and one of the biggest rivalries, not to mention an incredibly important game between two top Big XII Conference teams. Acie Law IV, A&M's star player, hit a three-pointer, with 1.1 seconds remaining in regulation, to tie the ball game, over the outstretched arm of Durant. Then Law hit another three with 26 seconds left to send the game into another overtime period. In the second

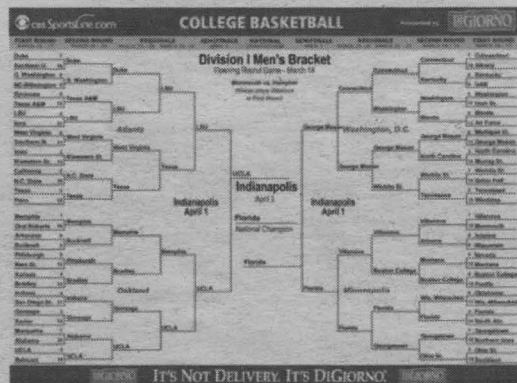
overtime, Law once again had the ball in crunch time, but his lay-up with 15 seconds left was blocked, and A&M lost 98-96.

The Big Dance is an awesome spectacle of basketball, passion, and fandom. There are so many people who gamble on the tournament, trying to predict who is going to win, that even people who do not enjoy watching basketball are caught up in the excitement. The students of the schools who are participating in the tournament are so passionate that they create amazing environments that can not be re-created in any other sport or at any other level.



Last year's national champion Florida Gators.

Photo courtesy of usatoday.com



Last year's completed bracket.

The AP Top 25 (as of 3/7/07)

1. Ohio State (70) 27-3 1,798
2. Kansas (2) 27-4 1,706
3. Wisconsin 27-4 1,599
4. UCLA 26-4 1,583
5. Memphis 27-3 1,481
6. Florida 26-5 1,433
7. Texas A&M 25-5 1,383
8. North Carolina 25-6 1,331
9. Georgetown 23-6 1,205
10. Nevada 27-3 1,013
11. Washington State 24-6 986
12. Louisville 22-8 892
13. Pittsburgh 25-6 882
14. Southern Illinois 27-6 878
15. Texas 22-8 868
16. Oregon 23-7 662
17. Maryland 24-7 639
18. Marquette 23-8 536
19. Butler 27-5 517
20. Notre Dame 23-6 442
21. Duke 22-9 284
22. Tennessee 22-9 243
23. Brigham Young 23-7 186
24. Winthrop 28-4 162
25. UNLV 25-6 125

An Irish toast: "May your glass be ever full. May the roof over your head be always strong. And may you be in heaven half an hour before the devil knows you're dead."



Congratulations Boys' Hockey and Basketball on a Great 2006-07 Season!

"I'm so proud of the hockey team this year. They played so well, and wanted to win it all season. I love being the manager!" -Lee-Ann Pullar

"Although more people should have come to the games, I think our season was great." -Pat Jackson

*Craig Randall cracked the century mark this season.

*Boys Basketball got to the Quaterfinals

Go Oyster River!



An Irish toast : "May your blessings outnumber, the shamrocks that grow, And may trouble avoid you wherever you go."

ON THE SPOT

What would you do if you met a leprechaun?



"I would take a picture."
-Kung Ratchatakhajornkit

"He would teach me the
Irish step dance!"
-Aillinn Connors



"Get it drunk and steal its gold."
-Dragos Maftei

"I'd mug him for his gold. I
wouldn't use violence, but
I'd get that gold."

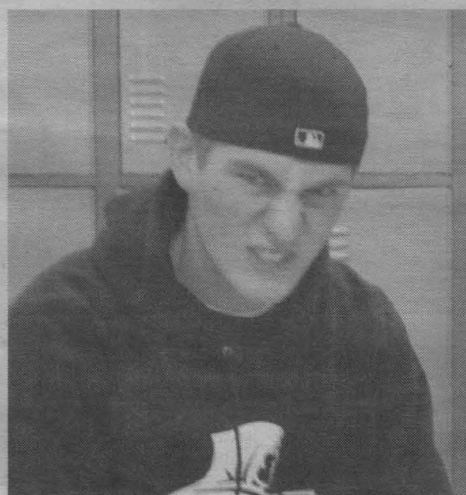
-Mr. Zottoli

"Is there such thing as a
female leprechaun?"

-Mr. Pappas



"Ask if he was related to Thayer Harris."
-Neal Lofgren



"It depends on if it was the
scary kind or the nice kind."
-Shelby Martin

"Ask him where his gold was."
-Kathy Callwood